EASTER BEGINS HERE!

MORE CHANNELS THAN ANY OTHER TV MAG!

28 MARCH–3 APRIL 2026

TV Satellite week

TV TO GET EXCITED ABOUT!

Spring Preview

Join **Hugh Skinner** and **Hugh Bonneville** for the upcoming World Cup spoof Twenty Twenty Six

NEW

GRACE

The Brighton detective battles to save his son

NEW

THE 'BURBS

Jack Whitehall's comedy inspired by the 1980s movie

NEW

THE TEACHER

Victoria Hamilton in a school for scandal

CHANGE YOUR CLOCKS...
Don't forget – the clocks go **forward one hour** at 1am on Sunday morning

HotList This week's 28

Saturday 28

Indian Premier League

***CRICKET** Sky Sports Cricket & Sky Sports Main Event, play starts 2pm*

The 20-overs competition starts with a potentially high-scoring match as defending champions Royal Challengers Bengaluru take on Sunrisers Hyderabad.

Big Night of Musicals

***MUSIC** BBC1, 7.45pm (times vary)*

Jason Manford (above) hosts an evening of showstoppers from the AO Arena in Manchester, with one of the highlights being Sam Ryder's belting rendition of *Gethsemane* from *Jesus Christ Superstar*.

Inside Britain's National Parks

***DOCUMENTARY** BBC2, 8.30pm (box set, BBC iPlayer)*

This four-part look at the UK's national parks, from Northumberland to the New Forest, meets the people who work there.

Hidden Assets

***DRAMA** BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*

The third series of the Ireland-based crime drama kicks off with a raid on the home of a suspected criminal. Nora-Jane Noone (above) stars. *See feature, p11*

Full listings start on **p35**

Sunday 29

F1: Japanese Grand Prix

***MOTORSPORT** Sky Sports Main Event & Sky Sports F1, race starts 6am*

After an exciting race in China where Mercedes' Kimi Antonelli (above) took his first F1 victory, today's event is the final Grand Prix until Miami in May.

World Championships

***FIGURE SKATING** BBC2, 2pm*

With the medals already decided, the event closes in Prague with an exhibition gala likely to feature the top finishers and fan favourites such as USA's Ilia Malinin (above). Full coverage on BBC iPlayer.

The Great Celebrity Bake Off for SU2C

***COOKERY** C4, 7.40pm*

Comedian Richard Herring, reality star Molly-Mae Hague, stand-up Babatunde Aléshé and singer JoJo Siwa try traybakes, tarte tatin and a biscuit Showstopper.

Grace

***CRIME DRAMA** ITV1, 8pm*

John Simm (above, right) returns as detective Roy Grace in four stand-alone episodes. First up is the disappearance of a woman, whose husband is a prime suspect. *See feature, page 6*

Full listings start on **p45**

Monday 30

Rory McIlroy: The Masters Wait

***DOCUMENTARY** Prime Video*

Ahead of this year's Masters (9-12 April), this film captures McIlroy's pursuit of a Green Jacket at Augusta National and a career Grand Slam.

Celebrity Homes Under the Hammer

***FACTUAL** BBC1, 11.15am*

Strictly 2024 champion Dianne Buswell takes a look around a South London terrace with Owain Wyn Evans (both above). Continues Wednesday and Friday.

Babies

***DRAMA** BBC1, 9pm (box set, BBC iPlayer)*

Paapa Essiedu and Siobhán Cullen (both above) star in this emotional drama as a couple who are navigating the heartbreak of pregnancy loss. Also stars Charlotte Riley. Continues tomorrow. *See feature, p8*

The Teacher

***DRAMA** 5, 9pm (box set, 5 Streaming)*

This third instalment of the anthology drama stars Victoria Hamilton as Helen (above, left), a teacher who is caught up in a grudge match with a student. Continues to Thursday. *See feature, p7*

Full listings start on **p55**

Tuesday 31

If It's Tuesday, It's Murder

***DRAMA** Disney+*

Set in stunning sun-drenched Lisbon, this murder mystery follows a group of Spanish tourists who are on a week-long organised trip that turns sour when one of them is killed. *See Your Watchlist, page16*

England v Japan

***FOOTBALL** ITV1, kick-off 7.45pm*

England host Japan for their final home match before the World Cup, and another chance for players such as West Ham's Jarrod Bowen (above) to impress before Thomas Tuchel finalises his squad.

Spymasters: The Great Spy Writers

***FACTUAL** Sky Arts, 9pm (box set, Sky Box Sets & NOW)*

A series exploring the work of authors including John Buchan, Graham Greene and the recently deceased Len Deighton.

Three Dads and a Baby

***DOCUMENTARY** BBC4, 10pm*

This week's *Storyville* follows Kris, David and Sindre, who are all in a relationship and expecting their first child, with an extra spin in the tale – Kris is the birth father and one of Norway's trans pioneers.

Full listings start on **p65**

HOW TO ORDER AND ACCESS BACK ISSUES: IF YOU ARE AN ACTIVE SUBSCRIBER, YOU HAVE INSTANT ACCESS TO BACK ISSUES THROUGH YOUR iOS OR ANDROID DEVICE/S. YOU WILL ONLY BE ABLE TO ACCESS THE DIGITAL BACK ISSUES AS LONG AS YOU ARE AN ACTIVE SUBSCRIBER. TO PURCHASE SINGLE BACK ISSUES (PRINT FORMAT ONLY), VISIT: MAGAZINESDIRECT.COM (CLICK ON 'SINGLE ISSUES' TAB), OR EMAIL: HELP@MAGAZINESDIRECT.COM. MAGAZINESDIRECT.COM IS OWNED AND OPERATED BY FUTURE PUBLISHING LIMITED

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit magazinesdirect.com/xts/dj94x

EASTER BEGINS HERE!
MORE CHANNELS
28 MARCH-3 APRIL 2026
TV Satellite week
TV TO GET EXCITED ABOUT!
Spring Preview
Join Hugh Skinner and Hugh Bonneville for the upcoming World Cup spoof Twenty Twenty Six
NEW GRACE The Brighton detective battles to save his son
NEW THE 'BURBS Jack Whitehall's comedy inspired by the 1980s movie
NEW THE TEACHER Victoria Hamilton in a school for scandal

28 MAR-3 APR 2026

4 Cover story
A round-up of the best shows coming this spring, including comedy *Twenty Twenty Six*

6 TV Week
John Simm returns for a new series of *Grace*, Jack Whitehall stars in a reimagining of *The 'Burbs*, plus emotional new drama *Babies* and the latest run of crime thriller *Hidden Assets*

9 Soap diary
The week's top stories

14 Your Watchlist
Includes Jon Hamm in a new series of *Your Friends & Neighbours*

20 Documentaries
Race Across the World is back

22 Films
Jacob Elordi and Margot Robbie star in *Wuthering Heights*

28 Sport
European Rugby Champions Cup

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: BBC/EXPECTATION ENTERTAINMENT/JACK BARNES, CLAPPERBOARD/5, SALLY MAISITY, SKY/NBC UNIVERSAL. HOT LIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOT LIST PHOTOS: DISNEY+, GETTY

Wednesday 1

Hal & Harper
COMEDY DRAMA ITVX
Created by and starring Cooper Raiff, this series follows siblings Hal (Raiff) and Harper (Lili Reinhart) as they navigate a messy family history. Also stars Mark Ruffalo. *See Your Watchlist, page 17*

Eat Pray Bark
COMEDY Netflix
This German comedy sees five eccentric dog owners embarking on legendary trainer Nodon's course in the Tyrolean mountains – where it quickly becomes clear that it's not the dogs who need help.

Secrets of the Bees
DOCUMENTARY National Geographic WILD, 7pm & 8pm, & Disney+
Using stunning macro-footage, wildlife filmmaker Bertie Gregory reveals the high-stakes world of the humble bee. *See Documentaries, page 21*

The 'Burbs
COMEDY DRAMA Sky One, 9pm & 10pm (box set, Sky Box Sets & NOW)
Inspired by the 1989 film, Jack Whitehall (above) stars as Rob, who back into his childhood home with his new family – but things turn strange... *See feature, p12*

Full listings start on p75

Thursday 2

Raising Chelsea
REALITY Disney+
Made in Chelsea favourites Sophie Habboo and Jamie Laing invite cameras into their lives to capture their whirlwind parenthood journey in this new reality series that also sees them moving home.

The Pitt
DRAMA HBO Max
This week's cases include a woman whose eye has been superglued shut and a nun diagnosed with gonorrhoea. Plus, is romance in the air for Robby (Noah Wyle) and Noelle? *See Your Watchlist, page16*

Race Across the World
REALITY BBC 1, 8pm
Five pairs of travellers line up for the new series of the global travel challenge, which sees them set off from Palermo, Sicily, headed for the finishing line in Mongolia. *See Documentaries, page 20*

Harry Clark Goes to Rome
FACTUAL BBC 1, 10.40pm
To mark the start of the Easter weekend, cameras follow the *Traitors* winner (above, left) as he attempts to secure a personal audience with the Pope.

Full listings start on p85

Good Friday

Your Friends & Neighbours
DRAMA Apple TV
Coop (Jon Hamm, above) is doubling down on his secret life as a thief, until a new neighbour (James Marsden) threatens to expose him. *See Your Watchlist, page 14*

Final Destination: Bloodlines
HORROR Sky Premiere, 8.10am & 8pm
Plagued by a violent recurring nightmare, college student Stefani (Kaitlyn Santa Juana, above) is convinced her family is in danger... *See review, page 23*

Champions Cup
RUGBY UNION Premier Sports 2, k-o 8pm
Following an exciting Six Nations campaign, focus switches to the European Rugby Champions Cup as the knockout stage kicks off with Northampton Saints hosting Castres. *See Sport Week, page 28*

The Young Offenders
COMEDY BBC 1, 9.30pm (box set, BBC iPlayer)
As the comedy returns, Jock and Conor are reunited when Conor escapes from his Colombian prison cell and makes his way home to Ireland. *See feature, p12*

Full listings start on p95

NEW STREAMING SERVICE
MORE CHANNELS
TV Satellite week
NEW The Pitt
HBO Max launches with Noah Wyle's must-see medical drama
TV TO GET EXCITED ABOUT!

DON'T MISS AN ISSUE!
Download a digital issue to your tablet or phone
Available on iPad, iPhone and Android devices
You can also subscribe to the magazine at magazinesdirect.com

Spring preview

Our pick of the very best TV and streaming shows heading your way...

CAPE FEAR Apple TV

The thriller (inspired by the 1963 classic and the 1992 remake) stars Amy Adams and Patrick Wilson as married attorneys Anna and Tom, who are targeted by a vengeful felon they put behind bars when the terrifying Max Cady (Javier Bardem, above) is released from prison and hunts them down. Like the remake, the 10-part series is directed by Martin Scorsese and produced by Steven Spielberg.

WIDOW'S BAY Apple TV

If it's comedy horror you're after, look no further than this 10-parter, which follows the residents of a coastal New England town who believe the place is cursed. Matthew Rhys plays level-headed mayor Tom Loftis (right), who's desperate to turn the struggling town into a tourist destination. But as the visitors begin to arrive, will the curse turn out to be true?

MISSED CALL 5

Every mother's worst nightmare unfolds in this intense thriller starring Joanna Scanlan as single mum Sarah (left), who receives a missed call from her teenage daughter, Katie, while she's on a school French exchange. When Sarah turns up in France to search for Katie, she finds both the host family and cops strangely indifferent to her disappearance. But what follows over five episodes is a race against time as Sarah fights for the truth.

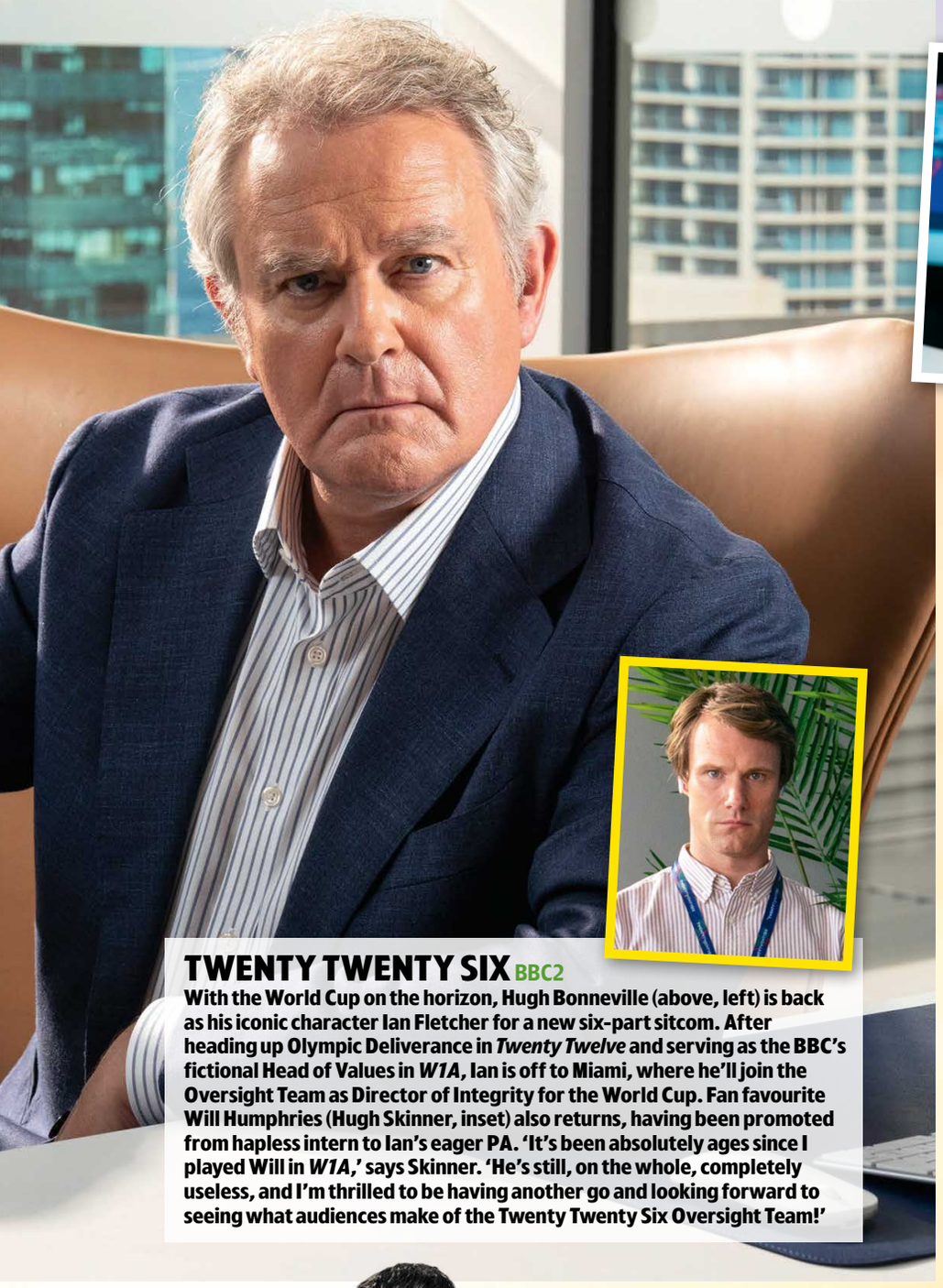
PRISONER Sky Atlantic

***The Serpent*'s Tahar Rahim plays dangerous convict and trained killer Tibor Stone (above, left), who's being transported to testify against his former crime syndicate when the armoured convoy is ambushed. Handcuffed to him, prison transport officer Amber Todd (Izuka Hoyle) must put her life in Tibor's hands as they flee the gangsters. The six-part thriller follows the pair as their uneasy alliance becomes fractured when the syndicate closes in. But how far will Amber go to protect what matters most?**

THE CAGE BBC1

Michael Socha and Sheridan Smith join forces as casino workers Matty and Leanne (above) in a new five-episode Liverpool-based crime drama from the writer of *The Responder*. When the pair discover that they're both nicking cash from the casino safe, they find themselves coming up against the cops and – more worryingly – a local gangster in what turns out to be a high-stakes collision course. Geraldine James, Louis Emerick, Barry Sloane and Katy Carmichael also star.

WORDS: HANNAH DAVIES. PHOTOS: 5, APPLE TV, BBC, DUNCAN ANDISON/STOCK.ADOBE.COM, GETTY, ITV, NETFLIX, PRIME VIDEO, TIDARAT/STOCK.ADOBE.COM, ©2026 DISNEY AND ITS RELATED ENTITIES, SKY



TWENTY TWENTY SIX BBC2

With the World Cup on the horizon, Hugh Bonneville (above, left) is back as his iconic character Ian Fletcher for a new six-part sitcom. After heading up Olympic Deliverance in *Twenty Twelve* and serving as the BBC's fictional Head of Values in *W1A*, Ian is off to Miami, where he'll join the Oversight Team as Director of Integrity for the World Cup. Fan favourite Will Humphries (Hugh Skinner, inset) also returns, having been promoted from hapless intern to Ian's eager PA. 'It's been absolutely ages since I played Will in *W1A*,' says Skinner. 'He's still, on the whole, completely useless, and I'm thrilled to be having another go and looking forward to seeing what audiences make of the Twenty Twenty Six Oversight Team!'

DEAR ENGLAND BBC1

Football fans are in for a treat with this witty drama based on the award-winning play by James Graham. Starring Joseph Fiennes as England manager Gareth Southgate (above right), the four-parter follows Southgate as he tries to transform the Three Lions' history of failure and take the team to the Euro 2024 finals. Jodie Whittaker is team psychologist Pippa Grange, Will Antenbring plays Harry Kane (above left) and Jason Watkins is FA chairman Greg Dyke.

LEGENDS Netflix

A group of ordinary British customs officers are handed a top-secret mission to work undercover and infiltrate the UK's most notorious criminal drug gangs in this six-part drama inspired by a remarkable true story. Set in the 1990s and starring Steve Coogan (above), Tom Burke and Hayley Squires, it follows a group of ordinary men and women from HM Customs and Excise as they take on new identities in a bid to take down dangerous drug barons from the inside.

HALF MAN BBC1

Spanning almost 40 years, the six-episode series explores the ups and downs of a lifelong friendship. *Baby Reindeer*'s Richard Gadd joins forces with Jamie Bell as Glaswegian best pals Ruben and Niall (both pictured), who have a shared history going back to the 1980s. But when Ruben turns up at Niall's wedding after years of estrangement, it leads to an explosion of violence that leaves them both questioning what it means to be a man.

SECRET SERVICE ITV1

Set in Malta, this five-part thriller is based on the novel by ITV news anchor Tom Bradby. Gemma Arterton plays MI6 officer Kate Henderson (left), who goes on a covert mission after uncovering evidence that a high-ranking UK politician may be working as a Russian asset. But Kate faces shattered political loyalty and personal sacrifice as tensions escalate between the UK and Russia.

RETURNING FAVOURITES *New seasons coming soon*

Criminal Record

Rivals

Good Omens

Beef

Hacks

SHADES OF DANGER

Richie Campbell and John Simm's Brighton cops face a chilling new threat

Branson and Grace

NEW DRAMA

Grace

Sunday, 8pm, ITV1

Brighton cop Det Supt Roy Grace (John Simm) is in a desperate race to save his teenage son Bruno from a villainous gang in the sixth season of the hit ITV1 crime drama.

Last time out, his corrupt former boss Cassian Pewe (Sam Hoare) revealed that Roy's ex-wife Sandy didn't die by suicide, but was murdered by the Benchdale crime syndicate over an unpaid debt.

The cop was also left reeling after Pewe said his son Bruno could be next. Can Grace and his team – including DI Glenn Branson (Richie Campbell) – stop Benchdale before they strike again?

Meanwhile, Roy also has a new case to solve in this week's opening episode when the wife of Brighton property developer Neel (*Grantchester* star Rishi Nair) goes missing.

We met Simm, 55, to hear more…

Rishi Nair as Neel

How is last season's bombshell revelation about Sandy's death affecting Roy? The fallout is still hanging over everybody. Pewe's chilling warning that Bruno could be next is hard to get away from and the spectre of Benchdale boss Roel Albazi is ever-present for Roy. Pewe's betrayal also means the team is being investigated by the anti-corruption squad, so morale is quite low.

Does Roy find it difficult to put aside his personal crises and do his job? Well, the pain of Sandy's disappearance has been hanging over him since the very first episode. It's not new for him, but you can't learn to live with that. Now, people that he loves are in danger – so the stakes are really high.

How does the threat to Bruno affect Roy's relationship with Cleo (Zoe Tapper)? After all, they have a wedding to plan… Roy makes a huge mistake because he doesn't tell Cleo about the threat from Benchdale. Roy's a good guy, but I don't agree with him when he keeps secrets. As for the wedding, I don't think he's up all night choosing the colours of the napkins!

Is he bonding with Bruno? As a father, he's really awkward with

WORDS: HANNAH DAVIES; SEAN MARLAND. PHOTOS: 5, ITV

Bruno with Cleo

Bruno. He's got no idea really. The circumstances are quite difficult, because he and Cleo are still affected by the trauma of the loss of their child and here is a teenager who has trauma of his own.

How does it feel to be on the sixth season of the show?
I'm thrilled. All those years ago, when we first met up to make the first one, we thought we might get a second season if we were lucky. But it seems to have found its feet and the viewing figures are great. I realise how lucky I am to be playing the lead in a cop show. I love the job and the people I'm working with – it feels like coming home.

And of course you live in Brighton now as well... Yes, the short commute to the set is very handy!

Helen (left) and Cressida

Act of vengeance

A **drama teacher is targeted** by a politically correct pupil

NEW DRAMA

The Teacher
Monday-Thursday, 9pm, 5 (box set, 5 Streaming)

An ordinary teacher with 30 years' experience finds her life in freefall following the sudden death of a student in the latest instalment of 5's thriller series *The Teacher*.

The four-part drama follows Helen Simpson (played by *Cobra*'s Victoria Hamilton), who's juggling raising her teenage son, Sam, following the collapse of her marriage, while starting a new post as head of drama at an elite private school.

But when Helen begins flippantly dismissing the so-called 'woke' ideologies of her new students – forgetting to use correct pronouns and refusing to 'cancel' Shakespeare – she gains a nemesis in entitled A-star student Cressida (Alice Grant), who goes all out to undermine Helen's authority.

'Helen's a good teacher,' explains Hamilton, 54, who recently appeared in *Slow Horses*. 'And it's not that she doesn't agree with the students' beliefs and ideologies; it's just that she's not adapting fast enough and that's where she's out of touch. It's more of a breakdown of communication between generations.'

Things escalate rapidly for Helen, however, when she gives both Cressida and vulnerable non-binary student Dee a detention for fighting.

But when Dee is found dead by suicide the following morning, Helen's insensitive teaching methods are quickly brought to the attention of headteacher Simon Cookson (*EastEnders*' Navin Chowdhry).

'Helen's marriage is over and her relationship with her son is on a knife-edge, so when her teaching is called into question that's when she really starts to crumble,' explains Hamilton.

CLASS WAR

With an increasingly manipulative Cressida determined to bring Helen down, the situation gets wildly out of control and Helen finds herself going dangerously head-to-head with Cressida, not only to save her job but to save her son, too.

'The series reminds me of *Happy Valley* in that it's that sort of extraordinary storyline where someone crashes into your life, gets involved with your child and you can't shake their influence,' says Hamilton. 'Helen cracks under the pressure and lets her emotions get the better of her. She does things that you can't believe she would...'

The students clash with Helen

Paapa Essiedu and Siobhán Cullen as Stephen and Lisa

Holding on to hope

Paapa Essiedu and Siobhán Cullen play a married couple navigating multiple miscarriages

NEW DRAMA

Babies

Monday & Tuesday, 9pm, BBC1 (box set, BBC iPlayer)

The couple at the hospital

A devoted couple in their mid-30s face the heartbreak of pregnancy loss in this tender new drama penned by award-winning *Him & Her* and *Mum* writer Stefan Golaszewski.

The six-part series stars Paapa Essiedu (*The Capture*) and Irish actor Siobhán Cullen (*Bodkin*) as newly married Stephen and Lisa who are keen to start a family but who have suffered several miscarriages.

'Stephen's an everyman type of person. There's something beautifully ordinary about the way he's structured his life,' says Essiedu. 'He lives in the town he grew up in, in a flat he's comfortable in, he's married to the person he loves, he does a normal job. Everything's going well. But then, following Lisa's miscarriages, it suddenly feels like all the major relationships in his life are in jeopardy and under attack.'

LOVE AND LOSS

As the series begins, viewers learn about the couple's history of pregnancy loss before we follow their progress when they decide to start trying for a baby again.

'Lisa is funny and smart and is experiencing the first really difficult thing she has ever gone through in her life,' says Cullen. 'She and Stephen are madly in love but she's really struggling. We see them behind closed doors and we see the masks they have on in front of their friends.'

Both actors spoke to people who have experienced miscarriages to get an insight into the emotional pain that their characters go through. 'It really helped me with some of the scenes and also made me really appreciate just how incredible women are,' says Cullen.

Lisa and Stephen's story is interwoven with that of Stephen's best friend, Dave (*Pennyworth*'s Jack Bannon), who is a few weeks into a new relationship with career-driven, aloof older woman Amanda (*Peaky Blinders*' Charlotte Riley).

'Stephen and Dave have been friends since their school days and Dave was best man at his wedding, but they are now at different phases in their life and are struggling to communicate,' reveals Essiedu.

Dave, who has a six-year-old son from a previous relationship, is keen to introduce Amanda to Stephen and Lisa. However, when the two couples meet for the first time at a restaurant, the atmosphere is charged with awkwardness. As the series progresses, we discover Amanda is hiding her own pain following a life-changing trauma in her past.

'I feel incredibly proud that a show like this exists. I don't think I've ever seen something around baby loss with so much openness and vulnerability,' says Essiedu.

'I hope having a story like this in people's living rooms will spark conversations and give people a chance to open up,' adds Cullen. 'Baby loss is common but it's often very private and can be extremely lonely. What I think is lovely is that, although the subject matter is heavy, the show is full of humour and moments of lightness. There's so much joy and hope within it.'

Dave and Amanda

WORDS: TESS LAMACRAFT, ELAINE PENN. PHOTOS: BBC, ITV

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

George is there for Nicola

EASTENDERS

Does Penny's baby bombshell trigger Nicola's early delivery?

» **Penny goes for** her baby scan while Vinny is running late this week. But when she learns she's further along than she thought, she worries that Harry could be the dad!

Meanwhile, Nicola has her own pregnancy concerns. Harry and Gina take her to hospital, and tests prove all is well. Later, Nicola supports Penny after she argues with Suki. However, when Harry tells his mum that Gina doesn't want children and admits that he slept with Penny, Nicola recalls her earlier chat with Penny and realises Penny could be carrying Harry's child. Confronting Penny, she insists she take a DNA test, otherwise she'll tell Vinny and Harry.

Nicola (left) and Penny row

A heated discussion between the women leaves Nicola reeling in pain. Refusing Harry's help, she heads home, where George, concerned by her absence at the Knight Fusion launch, finds her. At hospital, Nicola has an emergency caesarean. As their daughter is taken to the NICU, George watches through an incubator as Nicola is forced to remain isolated.

» **PLUS** Elaine and Ian end up in a tussle, Vicki downplays a tense moment between her and Zack after Ross spots them together, and the Truemans worry about the toll Jasmine's upcoming trial is taking on Patrick.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Maggie hunts Megan down (right) while Ben wonders if she's keeping things from him, George's kind offer to Todd may have made things worse and Bethany asks David if he's checked Jodie's credentials.

EMMERDALE

» A bridge-building meal at the Dingles leaves Kim in hospital (above) and fingers pointing over who poisoned her, Marlon helps Paddy out of a dark place, Holly's memorial faces demolition, and Tracy hopes Cain will see Frankie before they leave.

Shower & bathe
in comfort & safety again

"Safe, easy access bathing can help maintain your independence and wellbeing"

Dr Hilary Jones - GP & Heath Advisor

Just look at the benefits...

- **No fuss, No mess**
  We look after everything
- **Shower, bath or wetroom**
  Mobility solutions tailored to your style, needs and budget
- **Fixed price quote**
  No hidden costs
- **Complete makeovers**
  From design to installation
- **Latest safety features**
  Comfortable seats, grab rails and slip-resistant flooring
- **Best price guarantee**
  From the name you can trust

MobilityPlus

www.mobility-plus.co.uk

For your free brochure freephone

0808 291 1801

Please Quote Ref MCC732

Fatal impact

The CAB team is rocked when a **raid goes badly wrong**...

NEW DRAMA

Hidden Assets

Saturday, 9pm & 9.50pm, BBC4 (box set, BBC iPlayer)

Returning for a third outing, the team at Ireland's CAB (Criminal Assets Bureau) are in a good place, with DS Claire Wallace (Nora-Jane Noone) in line for a promotion following a string of successes hunting down illegally acquired assets.

Nora-Jane Noone as DS Wallace

However, when a raid on the home of an investment manager – suspected of embezzling millions of euros – ends in a fatality, the bureau starts getting negative press coverage. Claire is given a dressing-down by new boss Martin Dunlop (Steve Wall), and her colleagues Sean Prendergast (Aaron Monaghan) and Norah Dillon (*Miss Scarlet*'s Cathy Belton) worry about her welfare.

'Usually Claire is so confident,' says Noone, who got her breakthrough role in 2003 film *The Magdalene Sisters*. 'So you'll see her wobble in a more vulnerable way.'

When it emerges that the family of the suspect owns a house in Spain, Claire flies to Bilbao, where she partners with local cop Detective Beitia (Iñigo Gastesi), who is looking into the shooting of a Spanish investigative journalist.

As connections emerge between the two cases, the pair uncover a network involving migrant smuggling, a questionable charity and an Irish ex-convict.

MAKE OR BREAK

Meanwhile, the trauma Claire suffered has an impact on the team.

'Something like that either breaks a team or unites it,' says Belton. 'After the raid goes wrong and somebody dies, you see people caring for each other.'

As well as new recruit Martin, the addition of Liam Boylan (Dónall Ó Héalaí) to the CAB further changes the dynamic.

'He's the antithesis of Norah, and will climb on anybody's head to get to the top,' says Belton.

While Claire is usually out in the field, Norah is the real engine room of the CAB investigations, doing the painstaking research in the office.

'The series does show the graft that isn't action-packed,' explains Belton, who got a glimpse inside the real-life CAB operation as part of the cast's research for the series.

'These are really normal people in extraordinary jobs,' she adds. 'Every "i" has to be dotted, because everything has to go through the courts in Dublin in order to freeze those criminal assets. It's not glamorous work, but is it going to save lives? Absolutely.'

WORDS: IAN MACEWAN. PHOTOS: BBC

From left: Sean, Detective Beitia and Claire

'You'll see Claire wobble in a more vulnerable way'

NORA-JANE NOONE

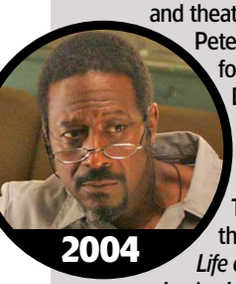
LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Clarke Peters

Watson

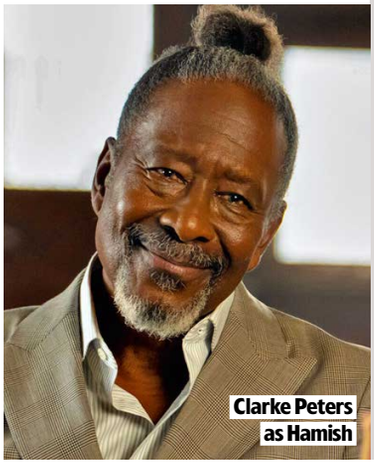
Sunday, 9pm, Sky Witness



Born in New City in 1952, screen and theatre actor Clarke Peters is best-known for his role as Detective Lester Freamon (left) in *The Wire* (2002-08). His TV credits include the US version of *Life on Mars*, *Treme*, *Jessica Jones* and, more recently, *Eric* alongside Benedict Cumberbatch. He also co-created the hit West End musical *Five Guys Named Moe* and has starred in several UK series including *Holby City*, *Agatha Christie's Partners in Crime* and *His Dark Materials*.

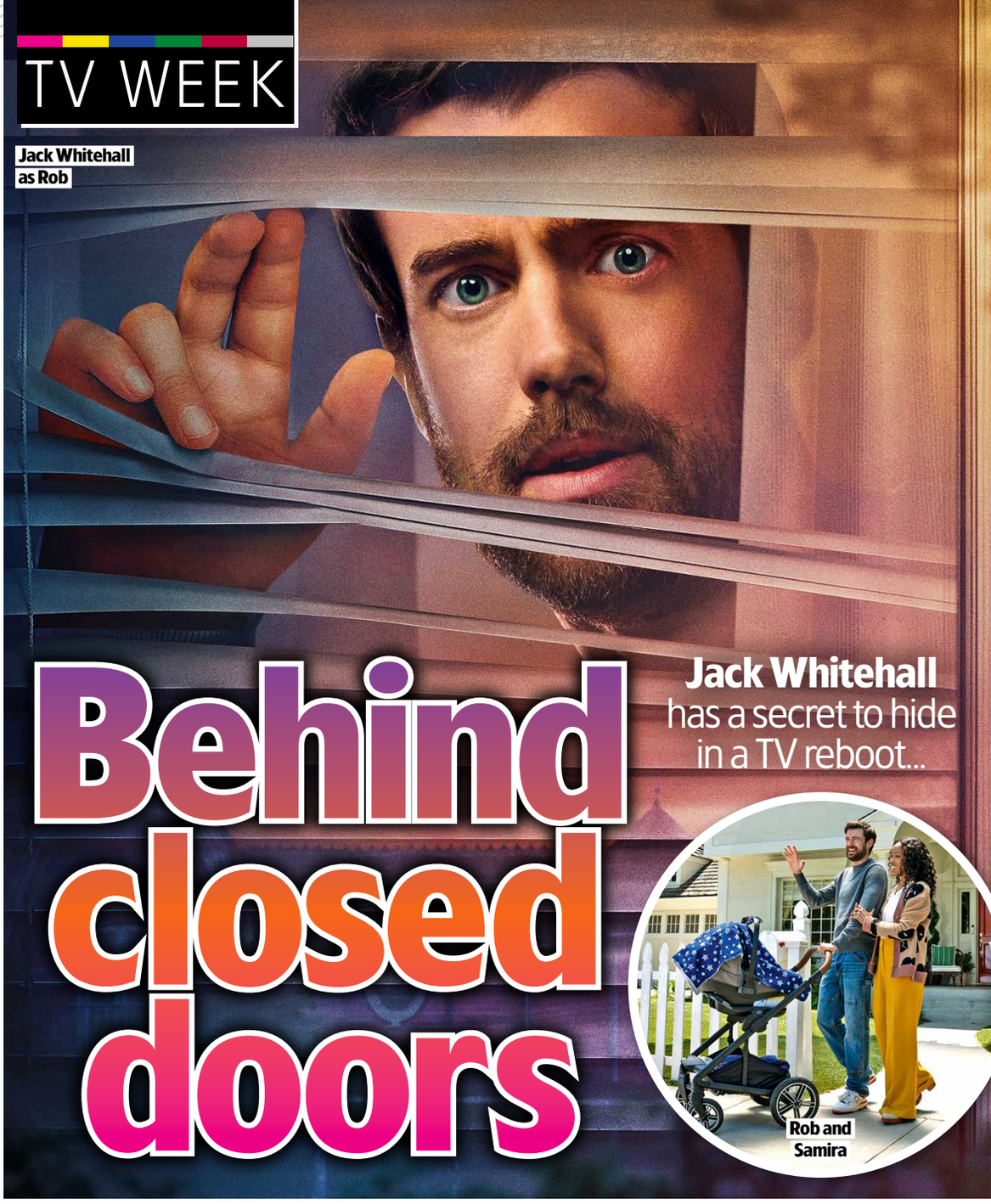
HIS NEW ROLE

This week, Peters joins Morris Chestnut in the cast of US medical mystery series *Watson* as Dr John Watson's estranged father Hamish. A famous jazz musician, Hamish turns up seeking help for his saxophone protégé Annabelle (Piper Curda) after she experiences mysterious blackouts. As the situation turns into a full-blown crisis, Watson must convince Annabelle to undergo risky surgery, while also confronting his long-standing tensions with his father.


Clarke Peters as Hamish

WORDS: NICK CANNON, NATASHA HOLT, RICHARD MCCLURE. PHOTOS: BBC, SHUTTERSTOCK, SKY

TV WEEK


Jack Whitehall as Rob

Behind closed doors

Jack Whitehall has a secret to hide in a TV reboot...

Rob and Samira

Rogue HEROES

The Young Offenders have something to shout about...

NEW COMEDY

The Young Offenders

Good Friday, 9.30pm, BBC1 (box set, BBC iPlayer)

When we last left *The Young Offenders*, the mischievous chums were on different continents. Jock (Chris Walley) was serving time in a Colombian prison while Conor (Alex Murphy) was trying to cope with life in Cork without him.

But as we start Series 5, Jock has made an audacious jailbreak and has finally got back to his best friend – much to their mutual delight.

'There's a scene where we're swimming from the sea to the shore, hugging each other and you're seeing all the happiness they are feeling,' says Walley.

But as we know, nothing ever runs smoothly for the pals, who are soon causing more trouble for Conor's long-suffering mum Máiréad (Hilary Rose) and find themselves running from the Garda while wearing dresses.

'It was so cold!' laughs Walley. 'We were freezing!'

The pals seek refuge in a remote house, only to discover that its occupants, Niall and Deirdre (Niall Buggy and Mary McEvoy), are somewhat unhinged. Worse still, Jock discovers that in his absence Conor has turned over a new leaf.

'Now that Jock is back, Conor has gone straight and Jock has gone more criminal, so they need to meet in the middle again and become the people that viewers love,' teases Murphy.

For the two actors, returning to the roles meant sporting the boys' trademark hairstyles once again.

'Everything comes in and out of fashion,' says Walley. 'But our "zero back and sides" will be around forever.'

NEW COMEDY DRAMA

The 'Burbs

Wednesday, 9pm & 10pm, Sky One (box set, Sky Box Sets & NOW)

Justin Kirk as Gary

Jack Whitehall admits he felt quite at home when he first walked on the set of US comedy drama *The 'Burbs*, set in a seemingly idyllic Californian suburb where a mysterious neighbour moves into an old Victorian house.

'I grew up on a very suburban street in London with a creepy Victorian house and a ghostly figure, who was usually just my father,' jokes Whitehall. 'So I felt very familiar with that world – the fakeness, the secrets and the scandal, and the idea of keeping up appearances.'

FRESH START

Inspired by the 1989 dark comedy movie starring Tom Hanks, the series follows book editor Rob Fisher (Whitehall) and his attorney wife Samira (*Scream Queens*' Keke Palmer) who reluctantly move into Rob's childhood home on Ashfield Place, a quaint cul-de-sac in the quiet suburb of Hinkley Hills, after having their first child.

'We got to film on the same sound stage as the movie,' reveals Whitehall, 37, who is joined in the cast by original star Wendy Schaal, who plays librarian Judy. 'We're inspired by the premise of the film, but it's a completely different plot and we dig into these new characters.'

When a strange man called Gary (Justin Kirk) moves into the neighbourhood, Samira becomes suspicious. As she starts to investigate his behaviour, she teams up with her neighbours Lynn (Julia Duffy), Marine veteran Dana (Paula Pell) and the eccentric Tod (Mark Proksch) to find the answer to an old mystery.

HIDDEN DEPTHS

And no one, not even Rob, is above suspicion. 'Rob has buried some stuff – and he's unfortunately got a wife with a forensic mind who is very determined,' says Whitehall. 'In this series, everyone has their secrets.'

Whitehall was last seen as a vengeful stalker in Prime Video thriller *Malice* and, after starting out in stand-up and comedy, he says he's enjoying making the transition into more serious roles.

'I've had so much fun in broad comedies,' he says. 'But as an actor you want to be challenged.'

Jock (Chris Walley), Máiréad (Hilary Rose) and Conor (Alex Murphy)

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Gladiators

Saturday, 5.45pm (times vary), BBC1

The remaining four contenders return for the final showdown. Vying to be crowned this year's male and female champions are Emily Bell, Naomi Church, Tyler Spence and Josh McDonald (all pictured), who will face the mighty Gladiators in five gruelling events before going head-to-head in the eliminator round where the winners will be decided.

Rob Beckett: Giraffe

NEW

Good Friday, 9pm, Sky One

If you missed Rob Beckett's live show *Giraffe*, you can catch this recording from the London Palladium earlier this year. As well as routines about pets and marriage, Beckett (right) also riffs on his diagnosis of dyslexia, and there's a touching segment about his parents including his dad, who is so fussy about his food that he takes his own butter when he holidays in Spain.

Big Night of Musicals

NEW

Saturday, 7.45pm (times vary), BBC1

Comedian Jason Manford (right) hosts the latest one-off special that celebrates the best West End shows and touring productions. There will be performances from *Paddington The Musical*, *Oliver!* and *Wicked*, plus Sam Ryder and Alexandra Burke perform songs from their shows *Jesus Christ Superstar* and *I'm Every Woman: The Chaka Khan Musical*.

Saturday Night Live UK

LIVE

Saturday, 10pm, Sky One

After Hollywood star Tina Fey hosted the very first episode of the live comedy show, based on the US original, it's the turn of *The Fall* and *The Tourist* star Jamie Dornan (right) to oversee proceedings this week. Filmed live in London in front of a studio audience, this week's musical guests are Brit-winning indie band Wolf Alice.

YOUR

NETFLIX

prime

BBC iPLAYER

Disney+

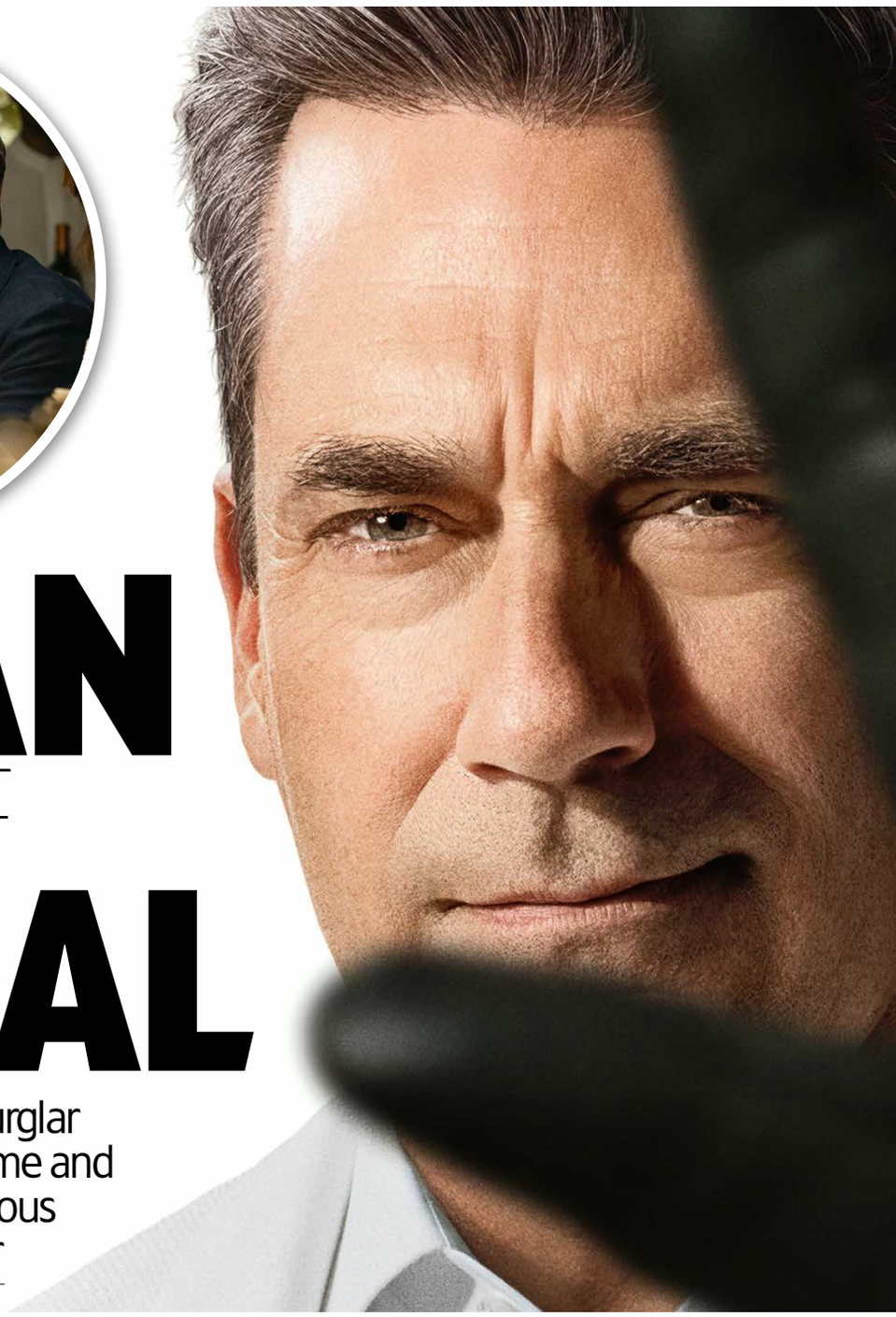
4

sky box sets

NOW

tv

James Marsden and Jon Hamm as Ashe and Coop



MAN OF STEAL

Jon Hamm's cat burglar resumes his life of crime and acquires a dangerous new neighbour

tv Your Friends & Neighbours

NEW *Available:* ***Good Friday***
Genre: ***Drama*** *Season:* ***2***
Episodes: ***10 (released weekly)***

Sacked hedge-fund manager Andrew 'Coop' Cooper (*Mad Men*'s Jon Hamm) turned to a life of crime, stealing from his wealthy neighbours, out of necessity in Season 1 of *Your Friends & Neighbours*. However, events spiralled out of control when he found himself accused of murder, after waking up in a crime scene at a home he was burgling.

Coop has since cleared his name and received a lucrative job offer – only to decide he would prefer to continue with his criminal enterprise.

'Coop has decided he wants to keep up with this pretty unsustainable lifestyle. That has a lot of downside,' says Hamm. 'There's a lot of fallout from all of this, and he's got to find a way to navigate it. If you got away with that much of it, why on earth would you go back? You dodged a bullet. You can't stand in front of the firing squad again. But as we've established, Coop doesn't always make the greatest decisions.'

CROOKED DEALINGS

Although it was originally Coop whose life was going down the tubes after discovering his wife Mel (Amanda Peet) was having an affair with his friend Nick (Mark Tallman), the roles are somewhat reversed as the darkly comic drama returns.

'In Season 1, Mel was the rock and Coop was in crisis,' says creator Jonathan Tropper. 'Now, we wanted to pull the rug out from under Mel and put her in crisis, too, so she really starts to spin out.'

To maintain his rehabilitated public image, Coop keeps up the pretence of having a day job, and goes after his ill-gotten gains at night. But there's a potential cloud on the horizon in the form of charismatic new neighbour Owen Ashe (James Marsden), who is set to loom large in Coop's life and threatens to expose his secrets.

'Ashe is a much more exaggerated version of what Cooper is,' says Tropper. 'Coop is a thief, but Ashe is breaking the law on a much larger scale, and making a lot more money doing it.'

The new arrival rocks up in a supercar, purchases a $20million home from Coop's former on-off girlfriend Sam (Olivia Munn), and immediately hosts a lavish party for the community. But according to Marsden, he's more than just a super-rich supervillain.

'I don't see Ashe as a moustache-twirling bad guy who's secretly trying to ruin everybody's lives,' says the *Paradise* star. 'But he's a bit of a tornado who comes to town and stirs everything up. The first season was super juicy, but this season feels so much more juicy!'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime Young Sherlock

Genre: Drama Season: 1 Episodes: 8

After making two Sherlock Holmes movies in 2009 and 2011, starring Robert Downey Jr, director Guy Ritchie now tells the origin story of the genius sleuth in a high-energy, fun mystery series. Sherlock (Hero Fiennes Tiffin) is at Oxford in the 1870s where he makes a friend in the equally brilliant James Moriarty (Dónal Finn). The pair then work together to clear Sherlock's name when he becomes the prime suspect in the murder of a professor, which leads them to uncover a far-reaching conspiracy. Joseph Fiennes also stars.

NETFLIX Vladimir

Genre: Comedy drama Season: 1 Episodes: 8

Rachel Weisz as an unnamed literature professor talks directly to the audience in a steamy black-comedy drama about her lust for a younger colleague (Leo Woodall, pictured with Weisz).

Paramount+ Marshals: A Yellowstone Story

Genre: Drama Season: 1 Episodes: 13 (released weekly)

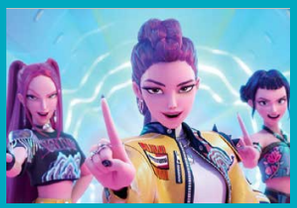
Revolving around former Navy SEAL Kayce Dutton (Luke Grimes, right), who joins an elite US Marshals unit, this *Yellowstone* spin-off feels like a Montana-set *NCIS*.

Now in production...

Three upcoming shows to look out for soon

Paramount+ Mayor of Kingstown

Filming is under way on the fifth and final season of the Paramount+ drama, which will see Mike McLusky (Jeremy Renner, above) face fresh challenges when FBI agent Russell Hardy (David Morse) delves into some dark secrets.



NETFLIX KPop Demon Hunters

Netflix's Oscar-winning animated musical will return for a sequel following K-pop girl group HUNTR/X – Rumi (Arden Cho), Mira (May Hong), and Zoey (Ji-young Yoo) – who secretly carry out missions to thwart supernatural threats.

HBO max How to Survive Without Me

In HBO Max's pilot, Ray Romano (above) will play Leo, who has been recently widowed and has to come together with his children, played by Joshua Jackson, Kaley Cuoco and Julia Schlaepfer, in a bid to carry out his late wife's wishes.

WORDS: CAREN CLARK; JUDY EWENS; IAN MACEWAN. PHOTOS: APPLE TV; GETTY; NETFLIX; PARAMOUNT+; PRIME VIDEO

Dr Robinavitch (Noah Wyle) and Dr Langdon

Medicine man

Why Patrick Ball is loving his role as an emergency doctor

HBO max The Pitt

NEW *Available: Thursday 2 April*
Genre: Drama Season: 2 Episode: 2

Patrick Ball wasn't short of advice when he landed the role of Dr Frank Langdon in HBO Max's Emmy-winning medical drama *The Pitt*. His mother is a former ER nurse and his father was a paramedic.

'They're incredibly grounded people,' says Ball, 36. 'Growing up, my dad would describe his job as meeting people on the worst day of their lives. His job was to calm them down and make them feel like they're going to be OK. Getting to make this show and step into their shoes, seeing what they dealt with, and telling their story has been a gift for me.'

LEARNING CURVE

Apart from a small role in *Law & Order*, the gritty series marks Ball's first TV role, having worked in theatre before.

'*The Pitt* does feel very theatrical, so it's the perfect job for me. I feel like I've grown a lot. I came in not knowing how to even read a call sheet [a daily schedule outlining when and where actors need to be].'

All episodes of the show's first season are available now on HBO Max, with Season 2 being released weekly. In this week's episode, Langdon's caring side can be seen as he tends to his colleague Dr Mel King (Taylor Dearden) after she hits her head from being accidentally pushed over by a patient.

The episode also gave Ball the opportunity to act alongside his real-life girlfriend Elysia Roorbach, who plays a young woman who is brought into the Pittsburgh Trauma Medical Center after supergluing her eye shut while attempting to apply false lashes.

'It was a dream,' he smiles. 'I got to be Elysia's doctor, and her character wanted nothing to do with me!'

FACING CHALLENGES

As viewers will discover over the course of the show, *The Pitt* also deals with the tremendous pressures facing the Pittsburgh medics and how their difficult working conditions can affect their mental health.

'Within the healthcare community, it's something that a lot of people are struggling with,' says Ball. 'The series shows it's important to treat people with compassion and understanding and let them know there's a way back.'

Elysia Roorbach plays a trauma patient

KILLER break

Four tourists turn detective on a deadly holiday

Pura, Fabio, Alicia and Daniel

Disney+ If It's Tuesday, It's Murder

NEW *Available: Tuesday 31 March*
Genre: Comedy drama Season: 1 Episodes: 7

Sun, sightseeing and sinister secrets are on the itinerary when an eclectic group of holidaymakers take a week-long trip to Lisbon in this seven-part Spanish crime caper.

The optimistic Pura (Ana Wagener), charming Fabio (Álex García), icy Alicia (Inma Cuesta) and autistic teen Daniel (Biel Montoro) meet during a Spanish organised tour group bound for the Portuguese capital and quickly bond over their love of true-crime.

But when one of their group, Fernando, is found dead in his hotel room on Tuesday, the mismatched foursome decide to launch their own investigation. Can they outsmart the Portuguese police – and their own hidden baggage – to catch a killer?

'The show is based on the idea of a mystery board game, like Cluedo, with a group of suspects, a closed space and a series of clues,' says director Salvador Calvo. 'We want viewers to feel like they are participating in it. So you have to pay attention and choose how to read scenes and follow which gesture or detail might become a clue.'

The story also follows chatty tour guide Cristina (Carmen Ruiz), whose booking blunder forces her guests to check into a dilapidated hotel with suspicious-looking food and staff.

'Whether it's a hotel or a crime scene, each space influences the behaviour of the characters, and the interiors are full of objects and details,' explains Calvo. 'Everything can be a clue, so watch closely.'

WORDS: CAREN CLARK, REBECCA MAHONEY, RICHARD MCCLURE. ELAINE PENN. PHOTOS: BBC, ©2026, DISNEY AND ITS RELATED ENTITIES, HBO MAX, ITV, SKY, U&DRAMA

Cooper Raiff (left) Mark Ruffalo and Lili Reinhart

Fractured family

Adult siblings struggle with a **devastating childhood loss**

ITVX Hal & Harper

NEW *Available: Wednesday 1 April*
Genre: Drama Season: 1 Episodes: 8

From his Marvel role as the Hulk to a troubled FBI agent in *Task*, Mark Ruffalo is always worth watching – and the Hollywood star is on fine form as an emotionally shuttered father in new US series *Hal & Harper*.

The eight-part family saga follows the two 20-something siblings of the title as they struggle to leave their childhoods behind after the death of their mother.

SWEEPING CHANGES

We first meet emotionally immature Hal (show creator Cooper Raiff) at college, while older sister Harper (Lili Reinhart) is working a soul-destroying office job and trapped in a long-term relationship with her childhood sweetheart Jesse (Alyah Chanelle Scott) – who she no longer loves.

Meanwhile, their father (Ruffalo) has remarried, to the younger Kate (*GLOW*'s Betty Gilpin), who becomes pregnant at the same time that he decides to sell Hal and Harper's childhood home.

'Harper has to carry the weight of her brother and her father on her back,' explains Reinhart. 'That doesn't leave her space for tapping into her own sadness or grief. She harbours a lot of pain.'

The series also flashes back to show the siblings as schoolchildren – with the two adult actors also playing the seven- and nine-year-old versions of their characters.

'I was hooked from the pilot episode, but then getting to see that I could play a nine-year-old version of someone in the same project seemed like a once-in-a-lifetime thing,' says Reinhart.

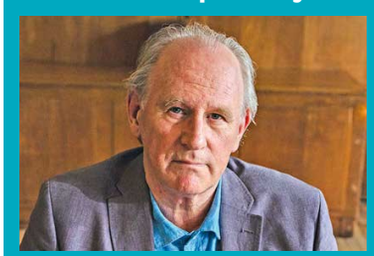
COPING WITH GRIEF

Hal and Harper might be fictional characters, but Raiff says he based the series on a childhood trauma of his own.

'I went through a similar thing,' he reveals. 'Deep, deep grief and sadness is very confusing. When you don't have a parent that knows that you need to be told everything is okay, you build up these walls. Hal and Harper grew up too fast, but they also got a lot of blockages along the way. To me, the show is all about these blockages coming down.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



U The Marlow Murder Club

The return of U&Drama's drama sees mayor Geoffrey Truman (Peter Davison, above) poisoned. But sleuth Judith Potts (Samantha Bond) and her pals find it difficult to establish a motive as the victim was popular.

BBC iPLAYER The Other Bennet Sister

In BBC1's fresh take on *Pride and Prejudice*, based on Janice Hadlow's novel, Mary Bennet (Ella Bruccoleri, above) starts to enjoy herself at a ball. But her mother (Ruth Jones) forces her to snub a lowly suitor.

sky box sets NOW Beyond the Brush

Sky Arts' series exploring the stories behind famous paintings begins with a look at Edvard Munch's *The Scream* (pictured), and sheds light on how he may have been inspired by his own struggles with anxiety.

BBC iPLAYER Boarders

Some vandals go on the rampage at St Gilbert's in the third and final run of BBC3's comedy drama. The carnage leaves the school in lockdown and the students short of resources as their exams approach. Can the culprits be found?

PLANT NOW for Stunning Blooms this Spring

Create Show Stopping Fuchsia Displays for just £10 per Tree!

Stunning Flowering Fuchsias Trees make an Instant & Magical Impact. Just in time for spring! The flowers last ALL YEAR!

Buy one, get one free!

"Flowers with incredible vibrancy!"

Fuchsias are an absolute must for any summer flowering display, and a firm favourite for gardeners throughout the UK. With layer upon layer of delicate petals they are breathtakingly beautiful and uniquely shaped – what's more, they're versatile, easy to grow and perform superbly all year long!

Why Choose Flowering Fuchsia Trees?

Skilfully grown over last winter, these stunning "Fuchsia Columns" (or "Fuchsia Trees") will be delivered direct to your door at around 60-65cm tall – in bud and flower – ready to make a dramatic impact on your patio, terrace or framing a door or gateway!

We have a limited number of these mature, well established plants. **At just £10 per plant** with this **buy-one-get-one-free offer**, the value is quite extraordinary. You're getting show-stopping plants for a fraction of what you'd pay at a garden centre.

- ✔ **Buy one, get one free - just £10 per tree!**
- ✔ **Spectacular blooms from spring until the first frosts!**
- ✔ **Trim into classic "standards" with ease**
- ✔ **Stunning Flowering Fuchsias perfect for patio pots, or framing a door or gateway**

Flowering Fuchsia Trees

ITEM CODE: 450098

Supplied as 60-65cm in a 17cm pot, for instant impact.

BUY ONE GET ONE FREE!

Just £19.99 for 2 stunning trees that will flower all summer!

£19.99 OFF LIMITED BONUS OFFER

"Without doubt, the perfect planters for these fuchsias"

Durham Cloudy Terracotta Planter

BUY ONE GET ONE FREE!

Just £19.99 for 2 elegant planters

Show off your Fuchsias in style! Create an eye-catching floral display to be proud of with this classy Durham terracotta-style plastic planter, perfectly sized at 44cm.

TOTALLY WINTER HARDY
FLOWERING FUCHSIA TREES
JUST £19.99
BUY ONE, GET ONE FREE!
BUY 1 GET 1 FREE
Just £9.99 each!
in association with TV&Satellite week
"Neighbour Envy!"
"All my neighbours pass comment on these 2 beautiful fuschia trees..."
Maria D.
feefo
12 YEARS TRUSTED SERVICE
Gold Trusted Service Award
143,000+ reviews
feefo
YOUR DOUBLE GUARANTEE
1 If you're not totally happy with your order, return it within 30 days and we'll replace or refund in full.
2 Should any hardy plants fail to thrive thereafter, we will replace free of charge. You just pay the P&P.
Peter McDermott, Head Gardener
Peter
you garden

you garden gardening for everyone | **Exclusive Offer!**

3 EASY WAYS TO ORDER

Shop online anytime:
www.YouGarden.com/TVSW422

0844 502 0050
Calls cost 5p per min plus your network's access charge.
USE CODE: TVSW422

or **by post** using coupon opposite to: **Offer TVSW422, YouGarden, PO Box 1468, Peterborough, PE1 9XL**

© Copyright YouGarden Limited, 2026.

Please cut out and send this coupon to: Offer TVSW422, YouGarden, PO Box 1468, Peterborough, PE1 9XL

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
450098	**60-65cm Tall Flowering Fuchsia Tree** BUY 1 GET ONE FREE! SAVE £19.99!	£19.99		
130580	**Durham Cloudy Terracotta Planter** BUY 1 GET ONE FREE! SAVE £19.99!	£19.99		
100125	**Premium Professional Compost** 2 x 50 Litre Bags SAVE £18	£24.97		
100062	**Blooming Fast Superior Feed** 500g SAVE £3	£9.99		
You must use offer code **TVSW422** to get these exclusive prices!			P&P	£6.99
			Total	

YOUR PAYMENT DETAILS

I enclose a cheque/Postal Order payable to **YouGarden** (include your name and address on the back) for £ or charge my Visa / Mastercard:

Card No. Issue No.

Start Date Date Exp

YOUR DELIVERY DETAILS

Mr/Mrs/Ms/Miss Initial Surname

Address

Postcode

Email

Tel

Orders dispatched within 5-7 working days. Delivery to UK only and a £3.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Images show mature plants. See website for full product details and T&Cs. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com

If you do not wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

Pick of the new releases

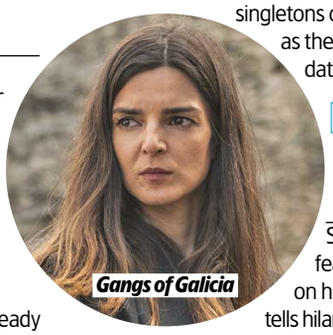
The best new shows to enjoy this week on streaming services...

If It's Tuesday, It's Murder
Tuesday 31 March

Spanish murder-mystery caper. An eclectic group of Spanish tourists on a week-long organised trip to Lisbon find themselves investigating a murder when one of their number is found dead the day after their arrival. Four of them then set out to discover who the killer is and whether he or she is someone in their group. See feature, page 16.

Celebrity Ex on the Beach
Tuesday 31 March

Daisy May Cooper takes over as narrator as the British reality series returns for a fourth season. Eight single celebrities arrive in Tenerife in search of love but, as ever, their exes are waiting in the wings, ready to crash the party.


Gangs of Galicia

Aaron Chen: Funny Garden
Tuesday 31 March

Stand-up special from Australian comedian and *Fisk* star Aaron Chen, who riffs, with his trademark deadpan wit, on the absurdities of life in the US, from New York sidewalk riddles to unexpected news sources.

Untold: The Death & Life of Lamar Odom
Tuesday 31 March

Documentary about former basketball star Lamar Odom. The film details his success in the NBA, including two championship wins with the Los Angeles Lakers, his marriage to Khloé Kardashian and his near-fatal overdose at a brothel in Nevada in 2015.

Hal & Harper
Wednesday 1 April

Dramedy about two siblings navigating the complexities of adulthood, family and unresolved childhood trauma. Created by Cooper Raiff, who stars as Hal, with Lili Reinhart as his sister Harper and Mark Ruffalo as the pair's father. See feature, page 17.

Love on the Spectrum
Wednesday 1 April

The fourth season of the reality series following a diverse group of American singletons on the autism spectrum as they explore the world of dating and romance.

Dara Ó Briain – Re:Creation
Thursday 2 April

Stand-up special featuring the comedian on his current tour as he tells hilarious stories and creates madness with the audience.

The Ramparts of Ice
Thursday 2 April

Japanese coming-of-age animé. Weighed down by memories she can't forget, a reclusive high-school student keeps everyone at arm's length until three fellow pupils draw her out of her shell.

XO, Kitty
Thursday 2 April

The third run of the romantic comedy drama. Kitty Song Covey (Anna Cathcart) returns to school in Seoul, South Korea, for her senior year, facing love woes and big life decisions.

Raising Chelsea
Thursday 2 April

Three-part reality series. *Made in Chelsea* stars Jamie Laing and Sophie Habboo embrace their latest challenge and greatest joy to date – parenthood. The couple's baby son Ziggy was born in December.

Eat Pray Bark
Wednesday 1 April

German comedy. Five eccentric dog owners seek help in dealing with their four-legged friends. Their last hope is an intensive course with a charismatic, legendary dog trainer in the Tyrolean mountains, but it's not their pets who need to be trained.

Rory McIlroy: The Masters Wait
Monday 30 March

Documentary about Rory McIlroy's determination to join an elite group of golfers who have completed a career Grand Slam. For years, victory in the Masters eluded McIlroy until in April 2025, at the Augusta National Golf Club, he finally succeeded at his 17th attempt.

Sins of Kujo
Thursday 2 April

Japanese live-action drama based on the bestselling manga of the same name. A notorious lawyer, who specialises in defending the most dangerous and morally ambiguous criminals, forces a young attorney to question the true meaning of justice.

The Bad Guys: The Series
Thursday 2 April

The second season of the animated series about a heist-loving crew of outlaws planning their biggest score yet to solidify their legendary criminal status.

Agent from Above
Thursday 2 April

Taiwanese fantasy series. A spirit medium must atone for a childhood mistake by battling demons to protect the mortal world.

Your Friends & Neighbours
Good Friday

Jon Hamm returns in the second run of the darkly comic drama as a disaffected former hedge-fund manager who continues his double life as a thief breaking into homes in his affluent community. But the arrival of a new neighbour (*Paradise*'s James Marsden) threatens to expose his secrets and put his family at risk. See feature, page 14.

Bloodhounds
Good Friday

In the second season of the Korean action drama, the two young boxers turned vigilantes, who previously took down a loan-shark ring, square up to another ruthless criminal organisation.

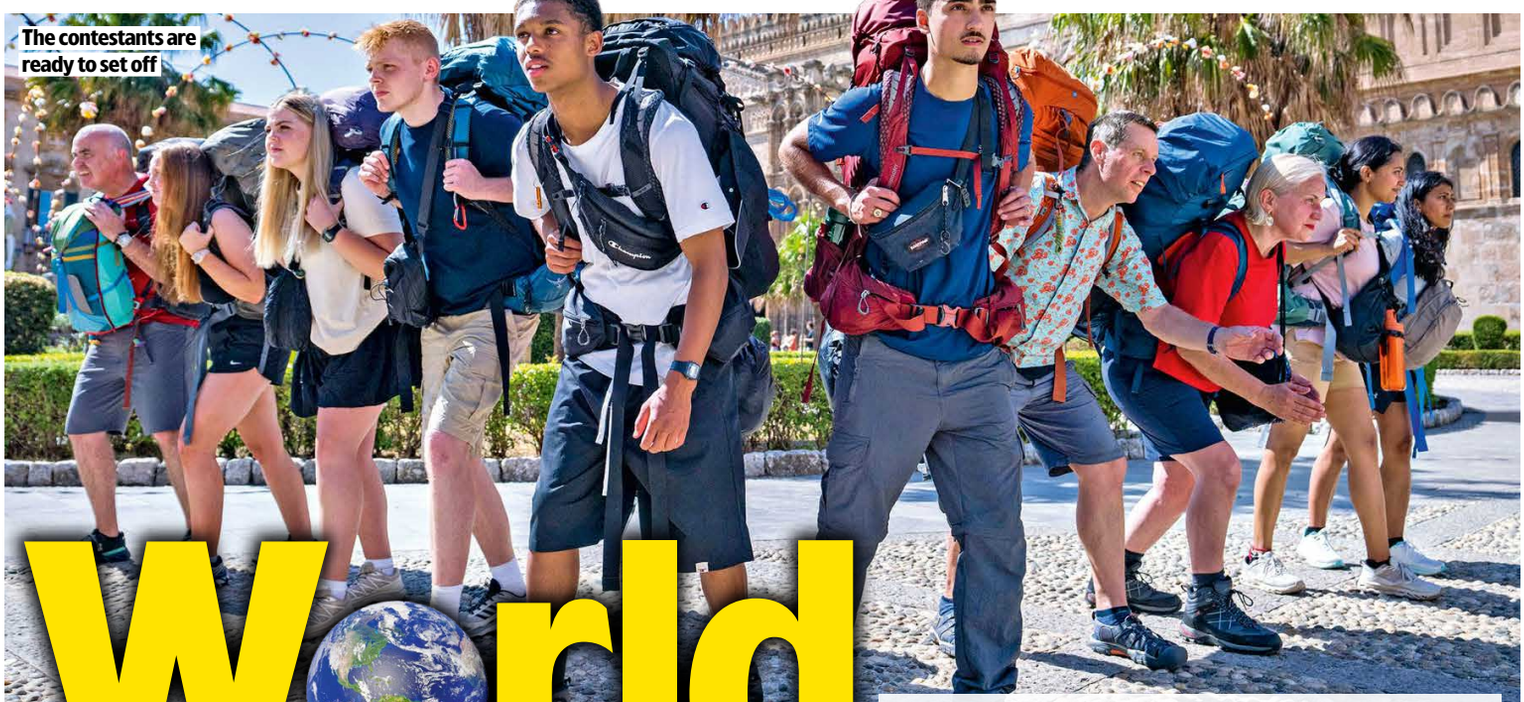
Gangs of Galicia
Good Friday

The second season of the Spanish crime drama. Three years have passed and, despite their efforts to leave the past behind, Ana, a lawyer, and Daniel, the son of an imprisoned drug kingpin, once again find themselves caught up in the world of drug trafficking, but this time on opposite sides.

Nordic Murders
Good Friday

The sixth season of the German crime drama set on Germany's Baltic Sea coast. Former prosecutor Karin Lossow faces haunting memories tied to her daughter's past, while Commissioner Rainer Witt investigates after a jogger finds a body on a bench.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PRIME VIDEO



The contestants are ready to set off

World at their feet

Meet the **latest globetrotters** taking up the challenge in *Race Across the World*

NEW REALITY

Race Across the World

Thursday, 8pm, BBC1

A 12,000km dash from the bustling city of Palermo on the sunny island of Sicily to the remote, snowy village of Hatgal, in northern Mongolia, is the adventure awaiting five intrepid duos in the sixth series of BBC1's hit reality competition *Race Across the World*.

With no access to flights, credit cards, internet or mobile phones, the teams must find a way to complete the eight-week challenge – and whoever crosses the finishing line first will win £20,000...

KUSH & JO

Students Kush and Jo, both 19, are from Liverpool and live at home with their mums. This trip marks their first real taste of independence. 'I was never really thinking about winning; I was just happy to see each checkpoint,' says Jo. 'It was about trying to find that balance between enjoying the race and focusing on getting to the finish line. It's a very extreme situation, so you feel every emotion under the sun.'

KATIE & HARRISON

Siblings Harrison, 23, a finance assistant, and account manager Katie, 20, are from Manchester, and want the chance to see more of the world.

'One struggle is adapting to situations quickly, because you're under constant time pressure,' says Harrison. 'But nothing really bothers me and Katie; if something goes wrong, we'll spend five minutes on it – then just carry on. Katie's challenge was keeping her eyes open!'

MARK & MARGO

Retired architect Mark, 66, from London, and hypnotherapist Margo, 59, from Liverpool, are competing in honour of Mark's late wife, Julia – Margo's big sister – who died three years ago. 'We never really got on until Julia was diagnosed with cancer,' says Mark. 'We're doing this because Julia's dying wish was for Margo and me to develop the bond we made while she was ill and to see if we could become friends.'

ANDREW & MOLLY

Teacher Andrew, 54, and his junior-doctor daughter Molly, 23, are from Northern Ireland and want to have an adventure together before Molly starts her medical career. 'I've always wanted to do backpack travel, so this show has scratched that itch for me,' says Andrew. 'As a geography teacher, I'm always telling the kids to get off their phones, open their eyes and experience our beautiful world, so that's what I did!'

PUJA & ROSHNI

Software engineer Roshni, 32, and her doctor cousin Puja, 31, both from London, spent their 20s building careers and now want to embrace wanderlust. 'I've been so focused on climbing the career ladder, so I thought it would be nice to do something for myself,' says Puja. 'The difficult thing was feeling stranded. In those moments, it was about knowing we'd get out somehow.'

WORDS: NATASHA HOLT, IAN MACEWAN. VICTORIA WILSON. PHOTOS: 5, ADOBE STOCK, BBC, GETTY, ITV, NATIONAL GEOGRAPHIC

Inside Britain's National Parks

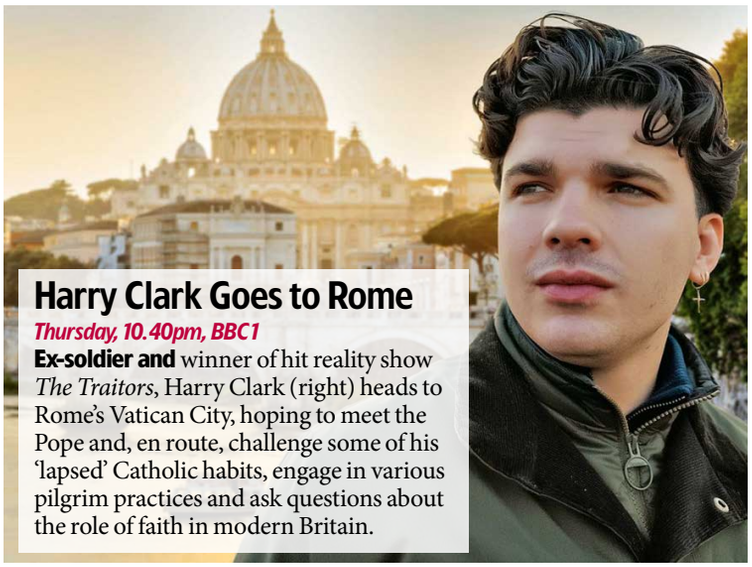
Sat, 8.30pm, BBC2 (box set, BBC iPlayer)

From Northumberland and the New Forest to Dartmoor and the Pembrokeshire Coast, this four-parter showcases the biodiversity of our National Parks, home to species including puffins, eagles and deer (above), and the work of scientists, agriculturists and volunteers protecting the flora and fauna.

Hunting the Silver Killer

Monday, 9pm, ITV1

Within the space of three years in the 1990s, two elderly couples were found dead in the town of Wilmslow in Cheshire, in what appeared to be cases of murder-suicide. But in this one-off special, forensic scientist Dr Angela Gallop and forensic pathologist Dr Dick Shepherd (both pictured) re-examine the evidence.



Harry Clark Goes to Rome

Thursday, 10.40pm, BBC1

Ex-soldier and winner of hit reality show *The Traitors*, Harry Clark (right) heads to Rome's Vatican City, hoping to meet the Pope and, en route, challenge some of his 'lapsed' Catholic habits, engage in various pilgrim practices and ask questions about the role of faith in modern Britain.

Warship: Life in the Royal Navy

Wednesday, 8pm, 5

In the return of the series that has unprecedented access to the Royal Navy, Kate Humble (above) finds herself on HMS *Iron Duke* as it is scrambled to intercept a nuclear-capable Russian submarine heading towards the English Channel amid reports that it has a mechanical fault and is at risk of exploding.

Spymasters: The Great Spy Writers

Tuesday, 9pm, Sky Arts (box set, Sky Box Sets & NOW)

How does the spying world depicted by authors such as Graham Greene, John le Carré (above) and Bond creator Ian Fleming stack up against the realities? This four-part series looks at their writing, while this week's episode also features the case of real-life spy Kim Philby.

Bertie Gregory with a bee

Getting a buzz

Explorer **Bertie Gregory** reveals the astonishing world of bees

NEW **WILDLIFE**

Secrets of the Bees

Wednesday, 7pm & 8pm, National Geographic WILD, & from Wednesday 1 April, Disney+

A red-tailed mason bee

After bringing to life the hidden worlds of whales, elephants, octopuses and penguins, the award-winning documentary series *Secrets of...* is turning its attention to somewhat smaller animal stars.

'I've spent a good chunk of my life going to far-flung places to film big animals and if I'm honest I've overlooked the bees,' says cinematographer Bertie Gregory, who presents this two-part series. 'But that was a mistake because bees might just be the most important animal on the planet.'

Filmed over three years and using state-of-the-art camera equipment, the series takes us right into a honeybee hive, showing how the bees band together to raise 60,000 new bees each year and collect nectar from flowers to make enough honey for the colony to survive the winter.

'It's so rarely witnessed,' says Gregory. 'It's a world of impossible architecture, extraordinary intelligence and secret dances.'

The documentary takes us all over the world, including to Japan, where we witness thousands of Asian honeybees working together to protect their hive from some deadly giant hornets. When the hornets infiltrate their home, the bees swarm them and collectively beat their wings together to create scorching temperatures, effectively frying their attackers.

We also meet a red-tailed mason bee, also called the broomstick bee, in Dorset as she carries tiny sticks through the air to add camouflage to the nest she's made from an empty snail shell. 'She's smart enough to use the world around her to create a fortress,' says Gregory.

Examining a hive

We also learn how our growing passion for beekeeping is making life difficult for wild bees because it creates more competition for pollen.

'It's worth remembering that there are over 20,000 other species of bees and together they are responsible for pollinating a third of the food we eat,' says Gregory. 'But many are in steep decline and some are on the very edge of extinction. So, it won't just be a shame that we are losing the bees. We need the bees.'

Films Our pick of this

Wuthering Heights

MOVIE OF THE WEEK

Margot Robbie and **Jacob Elordi** sizzle in this daring, provocative adaptation

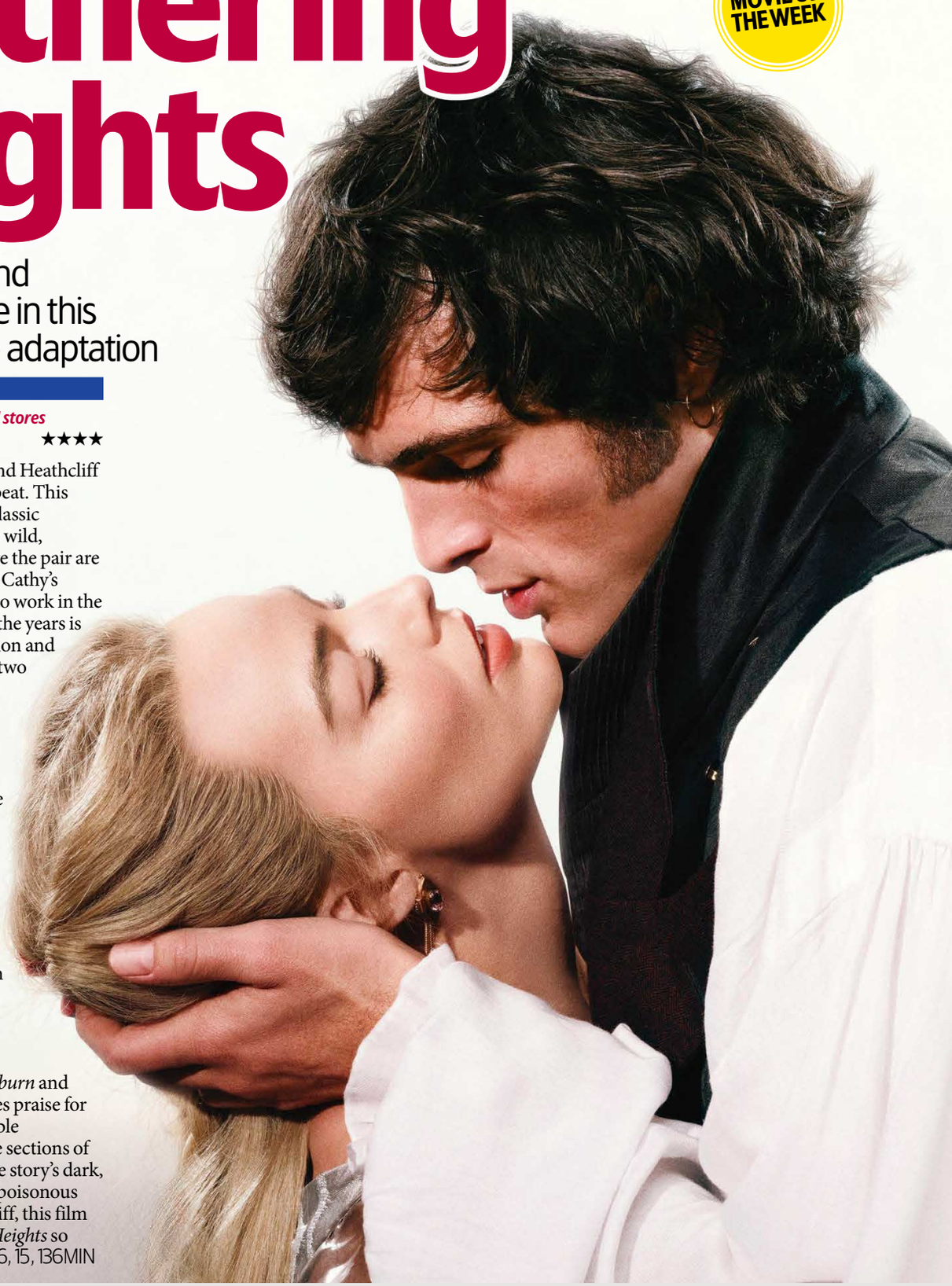
PERIOD ROMANCE

From Monday, buy or rent from digital stores including Prime Video and Sky Store ★★★★

As toxic relationships go, Cathy and Heathcliff in *Wuthering Heights* are hard to beat. This bold new take on Emily Brontë's classic 19th-century novel takes us to the wild, windswept Yorkshire moors where the pair are thrown together as children, after Cathy's father takes in the boy Heathcliff to work in the family stables. What follows over the years is a devastating story of love, obsession and emotional self-destruction as the two grow up unable, or unwilling, to follow their hearts.

Australian actor Jacob Elordi embodies Heathcliff's tortured soul, shifting seamlessly between aching vulnerability and explosive rage. Fellow Aussie Margot Robbie is assured but not quite as stand out as Cathy, while Shazad Latif offers a restrained performance as the wealthy yet dull Edgar Linton, the third point in a warped love triangle. Excellent turns come from Martin Clunes as Cathy's ridiculous and alcoholic father, and young Owen Cooper, who delivers an affecting portrayal of Heathcliff as a boy.

Emerald Fennell (maker of *Saltburn* and *Promising Young Woman*) deserves praise for writing this daring, highly enjoyable adaptation. While it discards large sections of the novel, it never loses sight of the story's dark, beating heart. By focusing on the poisonous bond between Cathy and Heathcliff, this film captures what makes *Wuthering Heights* so enduring and so devastating. 2026, 15, 136MIN



STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NICHOLAS CANNON, LIZ MILROY, JAMES MOTTRAM, NIGEL PIZEY PICTURES: ALAMY

More premieres and Day by Day planner ›››

week's Best Movies

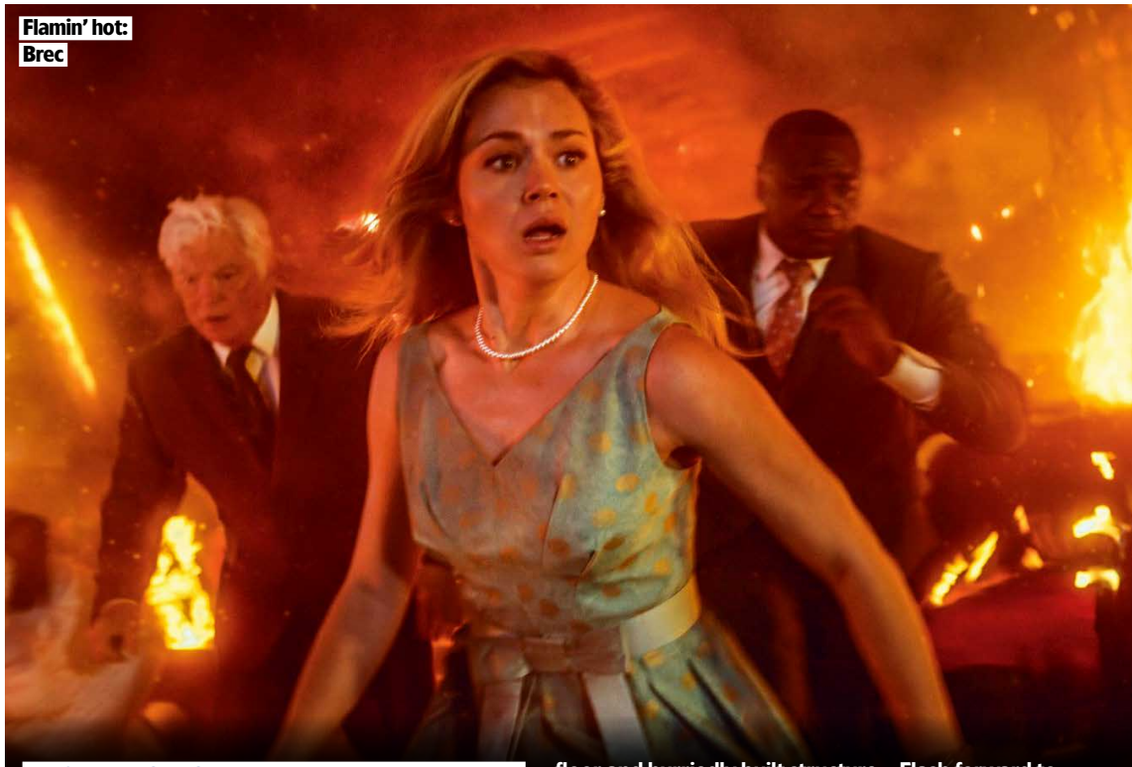
COMEDY DRAMA

Dumb Money

From Friday, Paramount+ ★★★★

Back in 2020, internet stock prophet Keith Gill (Paul Dano) puts his money into GameStop, a videogame retailer haemorrhaging money, believing that Wall Street has undervalued the company. His followers invest small amounts, among them a nurse (America Ferrera) and a GameStop employee (Anthony Ramos). And as more pile in, the stock escalates, threatening billionaire hedge funder Gabe Plotkin (Seth Rogen) and others, who had bet on the company's failure. Director Craig Gillespie (*I, Tonya*) tells this true David-and-Goliath story energetically, while an excellent Dano is supported by a dreamy ensemble, including Shailene Woodley, Sebastian Stan, Nick Offerman and Vincent D'Onofrio. A film about belief, it's also a morality tale, as some – though not all – of the 1% get their comeuppance. 2023, 15, 104MIN

Cash run: Seth



Flamin' hot: Brec

MYSTERY HORROR

Final Destination: Bloodlines

Friday, 8.10am & 8pm, Sky Premiere ★★★★

This latest instalment in the horror series gets off to a cracking start with a nail-biting, brilliantly executed sequence set in the 1960s on the opening night of a sky tower restaurant, where guest Iris (Brec Bassinger) gets a funny feeling that things are going to go horribly wrong, what with that glass floor and hurriedly built structure... Flash forward to the present day and student Stefani (Kaitlyn Santa Juana) is plagued by nightmares of the incident, convinced her family is in grave danger. Naturally, no one believes her but a couple of gleefully staged gory accidents and a trip to Stefani's dotty grandma (Gabrielle Rose) convince them otherwise... There is much to enjoy in this neat chiller, which along with all the inventive bloodshed also has a decent plot on which to hang it on. 2025, 15, 110MIN

Covered: Sonya

HORROR MYSTERY

New Life

Thursday, 10.50pm, Film4 ★★★★

Why is a fearful young woman (Hayley Erin) on the run, and who are the mysterious group, with access to extensive hi-tech surveillance equipment, pursuing her? They are led by a resourceful field agent (Sonya Walger), who is secretly dealing with the onset of ALS.To say more would ruin this lean, tight thriller that expands gradually until the awful, apocalyptic truth is revealed. It's a sombre movie, but fully engaging thanks to a good script by writer-director John Rosman, the occasional burst of body-horror moments and fine work by the two female leads. 2023, 15, 84MIN

BLACK COMEDY

Hostages

Saturday, 7.55am, Sky Premiere ★★★

Four people hole up in a hotel room in London after a suspected terrorist attack (a fifth joins later), with one (Charlotte Ritchie), a failing influencer, disregarding police advice after seeing an opportunity to get her numbers up. This dark British comedy, which also stars Tanya Moodie, Nicholas Asbury, Raj Ghatak and Luke McQueen, is a bit on the nose when it comes to our obsession with social media and utilises a thin plot that can't even stretch to its limited run time, but there is enough amusement here, shaped by humour that's as dry as a bone. 2025, 15, 86MIN

Lock-in: Charlotte and co

Films

ANIMATION

The Bad Guys 2

Friday, 6am & 3.15pm, Sky Premiere ★★★★

Smart, zippy and full of breezy silliness, this sequel about a heist-pulling gang of anthropomorphised animals is tremendous fun. Taking inspiration again from the cool nonchalance of *Ocean's Eleven*, the new movie throws in dashes of *Mission: Impossible* and *Moonraker*-era James Bond, too, as the dapper Mr Wolf (voiced by Sam Rockwell channelling George Clooney) and his rascally chums try to go straight but find themselves framed for a crime they didn't commit and blackmailed into attempting one last high-stakes robbery.

With endearingly comic vocal performances from the likes of Rockwell, Awkwafina (hacker Ms Tarantula), Marc Marron (safecracker Mr Snake), Zazie Beetz (red fox Diane Foxington) and Richard Ayoade (devious guinea pig Professor Marmalade), *The Bad Guys 2* nimbly juggles fart gags for the kids with clever film references for the grown ups (Hitchcock fans will have a hoot when they hear of a plot contrivance called MacGuffinite).

And with ace French animator Pierre Perifel back in the director's chair (sharing duties with JP Sans), the film looks fabulous as well. 2025, PG, 104MIN

Hidden gems Great movies you might have missed...

MYSTERY THRILLER

The Long Goodbye

Prime Video ★★★★★

Director Robert Altman's elaborate spoof of the old-fashioned private eye movie mischievously updates Philip Marlowe into a messy 1970s where eccentric hippie girls live next door and shopping means arguing in the supermarket. A permamently dishevelled (and perfectly cast) Elliott Gould never has the slightest idea what's going on, everyone talks at cross purposes and Altman's inquisitive camera keeps moving. It's ***The Big Lebowski*'s daddy.** 1973, 18, 112MIN

ACTION THRILLER

Nikita

STUDIOCANAL Presents ★★★★

Although much of its thunder has been stolen by a limp American remake (*The Assassin* from 1993), this is still a slickly efficient slice of ultra-violent Gallic exploitation from director Luc Besson. Anne Parillaud stars as a stroppy junkie transformed into a sleek killing machine by a sinister government agency, but it's the ever wonderful Jean Reno who steals the show with his hilariously grisly cameo appearance as Victor the Cleaner. 1990, 18, 117MIN

ANIMATION

The Sea Beast

Netflix ★★★★

A wonderfully lush animated tale that takes bits of *Moby Dick*, *Treasure Island* and the likes of *Godzilla* to come up with a something satisfyingly fresh. In a world where sailing frigates hunt fearsome behemoths to make the oceans safe, a little orphan (voiced by Zaris-Angel Hator) and an intrepid monster hunter (Karl Urban) discover something that turns everything they know upside down... It's a rollicking story told using a rich, colourful palette. 2022, PG, 115MIN

CHANGE YOUR CLOCKS...
Don't forget – the clocks go **forward one hour** at 1am on Sunday morning

Saturday 28 March

FAMILY ADVENTURE

Togo

4.10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Based on an incredible true story from 1925, this endurance adventure follows Leonhard Seppala (Willem Dafoe) and his sled dog team as they brave the insanely harsh, stormy Alaska winter wilderness to make a 600-mile round-trip for emergency medical supplies to save the children of his remote village from diphtheria. His dogs are led by Togo, a canine Seppala was initially convinced was too small and untrainable, but who ended up being his favourite. It's a movie that, despite being utterly predictable and containing some ropey CGI, is a wonderful testament to the incredible bond between man and dog. 2019, PG, 113MIN

Incredible journey: Willem and pals

CLASSIC DRAMA

All About Eve

10am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

George Sanders' razor-sharp turn as cynical drama critic Addison DeWitt won one of this classic drama's six Oscars (it was nominated for a then-record 14). Bette Davis also has one of her defining roles (and delivers the legendary line, 'Fasten your seatbelts, it's going to be a bumpy night!') as embattled Broadway actress Margo Channing, who sees venomous young rival Eve Harrington (a luminous Anne Baxter) clawing past her on her way to stardom. Still the wittiest celebration of the back-biting behind the big smiles of showbiz. 1950, U, 138MIN

SURVIVAL THRILLER

The Shallows

10.30pm, BBC1
(12.05am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Just when you thought it was safe to go back in the water, along comes Blake Lively's lone surfer, a great white shark and a desperate battle for survival. Lively has travelled to a remote Mexican cove, location of her late mother's favourite beach, little realising that it has become the shark's feeding ground. Their first bloody encounter leaves her stranded on a rock, 200 yards from the beach – and high tide is coming. But Lively proves to be both resilient and resourceful in director Jaume Collet-Serra's heart-stopping adventure. 2016, 15, 86MIN

ACTION

Fast & Furious 9

11.15pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

This instalment in the long-running saga features all the usual far-fetched shenanigans, which find Dom (Vin Diesel) and his gearhead gang attempting to stop a super-weapon falling into the hands of his exiled brother, Jakob (John Cena). Aided by Charlize Theron's Cipher (the baddie in *F&F8*), Jakob finds Dom's crew a thorn in his side from the Caspian Sea to Tbilisi to the UK. Even by the franchise's usual OTT standards, this is a film that puts pedal to the metal and refuses to let up – sometimes for better, sometimes for worse. 2021, 12, 143MIN

HORROR

Barbarian

12.45am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A booking mix-up sees two strangers (Georgina Campbell and Bill Skarsgård) left with little choice but to share a house in a run-down neighbourhood on the outskirts of Detroit. To reveal any more would be a disservice to writer-director Zach Cregger's smart, curveball movie, which takes a sharp left and then a savage dive into hell. And if you want to know how hotshot Hollywood director AJ (Justin Long) fits into the action, well, you'd best watch the movie... 2022, 18, 99MIN

■ Full listings start on **p35**

Sunday 29 March

DRAMA

The Room Next Door

11.15am & 3.40am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

An exquisitely filmed, quietly moving character study starring Julianne Moore and Tilda Swinton as old friends Ingrid and Martha, who are reunited under the shadow of death when Ingrid learns that Martha has terminal cancer. But a challenging request from Martha puts their renewed bond to the test… Pedro Almodovár's first English-language feature boasts ravishing locations, vivid primary colours and stylish clothes. But beneath the surface lie deep emotions and themes, with mesmerising performances from Moore and Swinton. Look out, too, for Alessandro Nivola and John Turturro, making heir mark in small supporting roles. 2024, 12, 106MIN

Bond: Julianne and Tilda

CLASSIC ANIMATION

Toy Story 2

5.50pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

With its great story, this insightful and inspired sequel is every bit as good as the original. Cowboy Woody (voiced by Tom Hanks) has a damaged arm and, left on the shelf by owner Andy, he is accidentally sold and ends up in the hands of a greedy toy collector, along with his fellow Wild West heroes Stinky Pete (Kelsey Grammer), cowgirl Jesse (Joan Cusack) and Bullseye the horse. Meanwhile, Buzz (Tim Allen) organises a hilarious, madcap rescue with the gang. The dazzling animation, witty lines and zippy pace will entrance kids and adults alike. 1999, U, 92MIN

THRILLER

Spectre

8pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In his fourth Bond outing, Daniel Craig swaggers through a film that positively revels in the series' heritage. The action set pieces are dazzling (including an intricate single take opening sequence set in Mexico City) and everywhere you look there are nods, nudges and witty allusions to 007's past escapades. The plot sees Bond on another globe-hopping quest in pursuit of the shadowy organisation that's dogged his previous missions while, back home, Ralph Fiennes' M battles Andrew Scott's plan to replace 00s with drones and satellites. 2015, 12, 148MIN

PERIOD ADVENTURE

Master and Commander: The Far Side of the World

10pm, BBC2 (not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

This awesome re-creation of life and death aboard a Royal Navy warship in 1805 is by turns thrilling, moving and spectacular. A steely Russell Crowe gives a commanding performance as the captain of *HMS Surprise*, which is far from home and on the lookout for a marauding French frigate. Paul Bettany also hits the shipshape spot as the vessel's thoughtful surgeon. However, the real joy of the film lies in its conjuring of an heroic time when much of the world still seemed fresh, new and just beyond the next horizon. 2003, 12, 138MIN

SPORT DRAMA

Creed III

10.20pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael B Jordan makes his directorial debut in his third *Creed* outing. His Adonis Creed is the undisputed heavyweight champ nearing the end of his time as a boxer and living in luxury with wife Bianca (Tessa Thompson) and daughter Amara (Mila Davis-Kent). But a figure from his past (played by Jonathan Majors) means retirement may not be quite so imminent... Jordan proves himself an assured hand behind the camera, making this thoroughly entertaining. 2023, 12, 116MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 30 March

MYSTERY

The Prestige

11pm, BBC2 (not Northern Ireland) ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Pay very close attention to this fiendishly twisting mystery from writer-director Christopher Nolan about Victorian stage magicians Hugh Jackman and Christian Bale, whose friendship turns to bitter rivalry when one believes that the death of his wife was caused by the other's negligence. With the help of a magician's assistant (Scarlett Johansson), the two men set out to destroy each other's careers, while David Bowie's Nikolai Tesla and Michael Caine are also part of the intricate puzzle. 2006, 12, 130MIN

Just like magic: Michael and Hugh

HORROR

Out of Darkness

9.35am, Sky Sci-Fi/Horror ★★★★

Sex ○○○ Violence ●●● Language ●●○

Shooting back 45,000 years, this impressive stone-age set horror follows a small tribe of six, who have ended up on a bleak, permanently chilly and windswept landscape. On top of that, one by one, they're being taken by an unseen hand... The excellent cast (including Safia Oakley-Green and Kit Young) – speaking an entirely invented language – communicate their dread admirably. 2022, 15, 88MIN

DRAMA

Rob Peace

9.55am & 10.10pm, Sky Drama ★★★

Sex ○○○ Violence ●○○ Language ●●○

Brilliant black kid Rob Peace (Jay Will) ends up at Yale, but is torn between that rarified air and the plight of his father (Chiwetel Ejiofor, also making his writing and directing debut), who's serving time for murders but swears he's innocent. Will is the beating heart of this true-story tale and he's magnificent, as are Ejiofor and Mary J Blige, as his mum, and the acting compensates for some clunky patches. 2024, 15, 120MIN

ACTION

Top Gun

9pm, ITV4 ★★★

Sex ○○○ Violence ●○○ Language ●○○

Bursting at the seams with good-looking guys and great-looking jets, this is the film that catapulted Tom Cruise to superstardom. He's a cocky trainee pilot who falls for trainer Kelly McGillis in director Tony Scott's slickly packaged story of aerial action and bright smiles. Anthony Edwards and Val Kilmer provide memorable performances, too, but it is the magnificent F-14 Tomcats that, for some viewers, just might be the real stars. 1986, 12, 110MIN

SCI-FI FANTASY

Logan's Run

10pm, Sky Greats ★★★

Sex ○○○ Violence ○○○ Language ○○○

In a post-apocalyptic 23rd century a hedonistic society lives in giant domes. But life's only perfect till you turn 30, then you're 'renewed'. Michael York's job is to track down runaways trying to make it to 31, while outside their bubble, old-timer Peter Ustinov is there (in the ruins of Washington DC, no less) to prove things can be different. A shiny, entertaining sci-fi. 1976, PG, 115MIN

■ Full listings start on p55

Tuesday 31 March

COMEDY

Problemista

Starts today, Netflix ★★★

Sex ●●○ Violence ●○○ Language ●●○

In this absurdist comedy, writer-director-star Julio Torres' gentle wannabe toy designer faces deportation to El Salvador unless he can urgently earn visa sponsorship by arranging an art show of the weird egg paintings made by the cryogenically frozen husband of his monstrous art critic boss (a roaring, magenta-haired Tilda Swinton). A head-spinning combo of deadpan art-world parody, poignant immigration satire and lo-fi fantasy, this is a chaotic but wildly imaginative slice of whimsy. 2024, 15, 105MIN

Egging her on: Julio and Tilda

ANIMATION

Wallace & Gromit: The Curse of the Were-Rabbit

10.30am, Sky Animation ★★★★★

Sex ○○○ Violence ○○○ Language ○○○

Inventor Wallace (voiced by Peter Sallis) and his long-suffering canine sidekick Gromit are in the pest control business, catching rabbits ruining gardens. But, during a full moon, Wallace creates a massive were-rabbit monster... Funny, cute and sublimely daft, this magnificent stop-motion animation from Nick Park is a delight. 2005, U, 85MIN

COMEDY

School of Rock

6.10pm, Sky Cinema Comedy ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Jack Black fires on all cylinders in a tailor-made role as a washed-up rock musician who, sacked by his band and desperate for money, poses as a substitute teacher in Joan Cusack's exclusive prep school. Stuck in a classroom full of nerdy overachievers, he decides to loosen them up by moulding them into a rock band. It's an infectiously funny movie with a kickass finale. 2003, PG, 109MIN

THRILLER

Drop

6.15pm, Sky Thriller ★★★★

Sex ○○○ Violence ●●○ Language ●●○

On her first date in years, widow Meghann Fahy starts receiving odd messages on her mobile. A gunman in her house will kill her son and babysitting sister unless she does what the texts say without telling anyone – least of all her date (Brandon Sklenar). Twist is, the messages are from inside the restaurant, so the enemy can see and hear her... Director Christopher Landon's clever thriller stokes up the suspense brilliantly and Fahy is superb. 2025, 15, 95MIN

DRAMA

Wish You Were Here

11.50pm, Sky Drama ★★★

Sex ○○○ Violence ○○○ Language ●○○

About to turn 30, Isabelle Fuhrman's life is unhappily drifting when she meets up with charming Mena Massoud late one night. But after he ghosts her, she discovers that he's dying and has very little time left... Although the movie veers dangerously towards cheese, the final third is surprisingly impactful, delivering a grounded, heartfelt ending. 2025, 12, 99MIN

■ Full listings start on p65

Wednesday

DRAMA

Belfast

11.45pm, BBC2 ★★★★

Sex ○○○ Violence ●○○ Language ●●○

It's Belfast, 1969, and as a street where Protestants and Catholics lived in harmony ignites, young Buddy (Jude Hill) has little idea of what's at play, his understanding filtered through the films and TV he loves, such as *Star Trek*, *High Noon* and *Chitty*

Escaping their Troubles: Jude and family

SCI-FI

Dune: Part Two

On now, Prime Video ★★★★★

Sex ●○○ Violence ●○○ Language ●○○

Director Denis Villeneuve's sequel is magnificent, conjuring wonder, scale and impact. Wrangling the unruly elements of Frank Herbert's novel, the story picks up shortly after *Part One*, with Paul (Timothée Chalamet) and Jessica (Rebecca Ferguson) joining the Fremen, who live as one with the planet Arrakis. But as Paul bonds with Fremen scrapper Chani (Zendaya), he has nightmares of a grim destiny. 2024, 12, 166MIN

ANIMATION

Extinct

7.10am & 4pm, Sky Animation ★★★

Sex ○○○ Violence ○○○ Language ○○○

This colourful animation juggles time travel, alternate universes and doughnut-shaped creatures without talking down to or confusing youngsters. The film features fluffy, cute 'flummells', who are on the verge of extinction unless two of their number can do some timeline jiggery-pokery. The slapstick's impeccable and the voice cast (including Adam Devine and Rachel Bloom) is a hoot. 2021, U, 84MIN

1 April

Chitty Bang Bang. Jamie Dornan and Caitríona Balfe play Hill's parents and Judi Dench and Ciarán Hinds his grandparents in Kenneth Branagh's autobiographical drama. Though informed by the Troubles, the film favours sweetness over enmity and despair and it is the child's-eye view, the wit and generosity of spirit that elevate it. 2021, 12, 98MIN

DRAMA

The Big Chill

2.30pm, Sky Greats ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Director and co-writer Lawrence Kasdan's perceptive, touching and witty film reunites a group of 1960s college pals in the 1980s at the funeral of a friend. During the course of a weekend, they talk, eat, drink, jog, flirt and get to know each other again. Glenn Close, Tom Berenger, William Hurt, Kevin Kline, Meg Tilly and JoBeth Williams are excellent – but Kevin Costner's role as the dead pal ended up on the cutting room floor. 1983, 15, 115MIN

THRILLER

21 Bridges

11.25pm, BBC1
(11.55pm Scotland) ★★★

Sex ○○○ Violence ●●○ Language ●●●

Manhattan's 21 bridges are shut to prevent two cop killers escaping the city. But Chadwick Boseman's detective realises a far wider conspiracy is afoot – and that his best aim is to keep the culprits alive... It's easy to see where this is going, but Boseman is good, as are Sienna Miller's hard-bitten cop and JK Simmons' veteran police chief. 2019, 15, 99MIN

■ Full listings start on **p75**

Thursday 2 April

COMEDY FANTASY

Beetlejuice Beetlejuice

12.40pm, Sky Cinema Comedy ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Michael Keaton's supernatural mischief-maker Beetlejuice is still full of demonic zest in Tim Burton's sequel to his 1988 film. Winona Ryder's Lydia is back, too, now the wound-up mum of resentful teen Astrid (Jenna Ortega), who return to the family's haunted New England home where Keaton is soon causing spooky mayhem. With further plot strands involving Monica Bellucci and Willem Dafoe, the film veers all over the place – but the visual and verbal gags flow so thick and fast that it's hard to mind. 2024, 12, 100MIN

Wind up: Winona and Michael

SCI-FI COMEDY

InnerSpace

7.30am, Sky Greats ★★★

Sex ○○○ Violence ○○○ Language ○○○

Gung-ho test pilot Dennis Quaid is shrunk to miniature size as a top-secret scientific experiment. Unfortunately, a raid on the lab means that he and his special capsule accidentally end up inside hypochondriac supermarket assistant Martin Short. Surely one of the oddest buddy movies ever made, this Steven Spielberg-produced sci-fi comedy trips along gamely from one ridiculous crisis to the next. 1987, PG, 119MIN

ACTION

Panda Plan

2.55pm, Sky Fun ★★★

Sex ○○○ Violence ●○○ Language ●○○

Incredibly, Jackie Chan (70 when he made this) is still doing his own stunts. Yes, they're a little slower and less gob-smacking, but the man is nothing if not committed. Here, he plays a caricature of himself who adopts a baby panda. For unexplained reasons, a horde of henchmen descend on the zoo determined to take the animal, with only Chan and panda keeper Ce Shi in their way. It's tonally odd, but has enough Chan charm to entertain. 2024, 15, 99MIN

LEGAL DRAMA

...And Justice for All

2.15am, Sky Drama ★★★

Sex ●●○ Violence ●●○ Language ●●○

Director Norman Jewison's hard-hitting expose of wheeler-dealing and corruption in the American justice system has at its centre an intense and compelling performance from Al Pacino as a committed Maryland lawyer trying to save his clients from the more terrifying whims of the judicial machine. It's a powerful and intelligent film, but comes unstuck with an injection of unnecessary, over-the-top satire. 1979, 15, 119MIN

CLASSIC

To Catch a Thief

4.30am, Sky Greats ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Whether or not former cat burglar Cary Grant has taken to the rooftops again is hardly the point in Alfred Hitchcock's stylish tribute to the Riviera smart set at play. The director is more interested in showcasing ice-cool Grace Kelly's socialite, while Grant's trademark charm is used to the greatest effect in a movie that oozes with mystery, teasing jokes and red herrings. 1955, PG, 102MIN

■ Full listings start on **p85**

Good Friday 3 April

FAMILY COMEDY

Hop

4.05pm, ITV2 ★★★

Sex ○○○ Violence ○○○ Language ○○○

A cheery, colourful family comedy, this mix of live-action and animation features young rabbit EB who would much rather be a rock drummer than follow in the footsteps of his father, the Easter Bunny (Hugh Laurie). Escaping from his home (on Easter Island, naturally), he fetches up in LA where he crosses paths with slacker Fred (James Marsden) and tricks him into helping him fulfil his dreams. EB's antics will tickle the youngsters, while there are also enough gags to amuse older viewers. 2011, U, 95MIN

Taking the basket: James

BIBLICAL EPIC

King of Kings

10.25am, BBC2 ★★★

Sex ○○○ Violence ○○○ Language ○○○

The biggest weakness of this simply told and beautifully photographed biblical epic is the casting of blond all-American Jeffrey Hunter as Jesus, though he does give it a dedicated shot. Also oddly cast is Robert Ryan as John the Baptist, but far more memorable are Hurd Hatfield's Pilate, Siobhan McKenna's Mary and Rita Gam as Herodias. Rip Torn is a splendidly shifty and furtive Judas and Orson Welles narrates. 1961, U, 161MIN

CLASSIC MUSICAL

The Sound of Music

2.30pm, BBC1 ★★★★★

Sex ○○○ Violence ○○○ Language ○○○

Five Oscars went to the biggest box-office success in movie musical history. *Climb Every Mountain* and *Do-Re-Mi* are two of Rodgers and Hammerstein's favourite things, Julie Andrews is perfectly cast as nun-turned-governess Maria Von Trapp, Christopher Plummer sings *Edelweiss* to his seven children, Charmian Carr is *Sixteen Going on Seventeen* and the colourful Alpine scenery is beautifully captured. 1965, U, 174MIN

BIOPIC

The Wolf of Wall Street

10pm, BBC2 ★★★★

Sex ●●● Violence ●○○ Language ●●●

After the 1987 Wall Street crash, stockbroker Jordan Belfort (Leonardo DiCaprio) picks himself up and makes a fortune dealing in worthless shares and embracing all of the excesses that money can buy. But the net is closing in... Martin Scorsese's exhilarating biopic is far too admiring of Belfort, but DiCaprio's no-holds-barred performance is dazzling. Jonah Hill also shines as his right-hand man. 2013, 18, 180MIN

COMEDY

Wedding Crashers

11.15pm, BBC1
(12m't Scotland) ★★★★

Sex ●○○ Violence ●○○ Language ●●○

Owen Wilson and Vince Vaughn make a great team in this hilarious, hugely entertaining comedy. They are divorce lawyers who crash weddings to meet women, but get into trouble when Wilson falls for politician Christopher Walken's daughter (Rachel McAdams), while her sister (Isla Fisher) tries to get her hooks into Vaughn. 2005, 15, 119MIN

■ Full listings start on **p95**

Sport week

Your **ultimate guide** to the best of the week's live action

LIVE RUGBY UNION

Good Friday-Easter Sunday, Premier Sports

After the thrilling finale to one of best Six Nations Championships in recent memory, it's the turn of the European Champions Cup to grab the spotlight as the knockout stage begins on Good Friday at Franklin's Gardens where 2025 runners-up Northampton Saints welcome French outfit Castres.

Here's our guide to the intriguing round-of-16 matches, with all fixtures being shown live on Premier Sports...

Finn Russell (Bath), Kyle Steyn (Glasgow Warriors), Louis Bielle-Biarrey (Bordeaux Bègles), Thomas Ramos (Toulouse) and Jamison Gibson-Park (Leinster)

Rugby Champions Cup

The Six Nations stars are back with their clubs for **the knockout stage**

THE MAIN EVENT

NORTHAMPTON SAINTS v CASTRES

Good Friday, kick-off 8pm

Prem high-fliers Saints defeated Castres twice on home soil on their way to the last year's final and start as favourites again after performing well in the pool stage despite being handed a lesson by Bordeaux Bègles. England A full-back George Hendy has scored four tries in the tournament so far, while Castres have been struggling in the Top 14.

BATH v SARACENS

Saturday 4 April, kick-off 3pm

Saracens bring knockout experience in big European games, while English champions Bath impressed during the pool stage with confident, attacking rugby and will relish home advantage at The Rec in this all-Prem tie. Bath fly-half Finn Russell could be decisive with his vision and kicking control to unlock defences in tight matches.

TOULON v STORMERS

Saturday 4 April, kick-off 3pm

With Scotland scrum-half Ben White and ex-England back row Lewis Ludlam in their ranks, Toulon are dangerous opponents and their home crowd provide vociferous support as they showed in defeating Bath in the pool stage. Their South African opponents have pace and attacking creativity in their backline.

GLASGOW WARRIORS v BULLS

Saturday 4 April, kick-off 5.30pm

Glasgow were unbeaten in the pool stage, playing with confidence and tempo in attack, but expect Bulls to counter with formidable forward power and a dominant set-piece. Kyle Steyn will be key for the hosts. The captain's leadership, defensive work rate and finishing ability could swing momentum in a tightly contested clash.

TOULOUSE v BRISTOL BEARS

Saturday 4 April, kick-off 5.30pm

Pat Lam's Bears won't find it easy visiting Toulouse even though the six-time champions lost to Glasgow Warriors and Saracens in their group. Thomas Ramos will be on a high after kicking the winning points that sealed the Six Nations title for France, while superstar scrum-half Antoine Dupont is getting back to his best.

WORDS: RUAIRIDH CAMPBELL, RICHARD MCCLURE PHOTOS: GETTY

LEINSTER v EDINBURGH

Easter Sunday, kick-off 5.30pm

Leinster once again look like serious contenders after a commanding pool campaign. Jamison Gibson-Park had a solid Six Nations as he won his 50th cap against Wales and showed his class in the win over England, while Caelan Doris is central to Leinster's control. The number eight offers ball-carrying power and breakdown dominance.

BORDEAUX BÈGLES v LEICESTER TIGERS

Easter Sunday, kick-off 3pm

Champions Cup holders Bordeaux Bègles have continued their fine European form and look the side to beat once again after racking up four bonus-point wins in a flawless pool stage. Louis Bielle-Biarrey scored two tries when the sides met last season, while Matthieu Jalibert is also capable of match-winning brilliance. Leicester only managed one pool-stage win.

HARLEQUINS v SALE SHARKS

Saturday 4 April, kick-off 8pm

Harlequins will aim to disrupt Sale with their trademark attacking unpredictability. Argentina prop Pedro Delgado has signed a new contract with Quins after scoring his first try for the club in their group. Sale are woefully off the pace in the Prem and were handed a record defeat by Toulouse in the pool stage.

LIVE FOOTBALL

World Cup warm-ups

Sat & Tue, BBC1 (Scotland only), ITV1, BBC Scotland & BBC iPlayer

Scotland will get a rousing reception from the Tartan Army when Steve Clarke's side play their first match at Hampden since qualifying for the World Cup as they host Japan on Saturday (k-o 5pm, BBC1 in Scotland & BBC iPlayer).

The Scots then take on Ivory Coast at Everton's Hill Dickinson Stadium on Tuesday (k-o 7.30pm, BBC Scotland & BBC iPlayer), while Japan head to Wembley the same night for England's last home match before this summer's finals (k-o 7.45pm, ITV1). Can the likes of Eberechi Eze impress Thomas Tuchel before he announces his squad for the tournament? Japan became the first nation to qualify for the World Cup after a campaign that featured Brighton's Kaoru Mitoma and Liverpool's Wataru Endo.

England's Eberechi Eze

Scotland's Grant Hanley and Scott McTominay

PLAY-OFF FINALS

The last four European teams to qualify for the World Cup will be decided on Tuesday. If Wales and Northern Ireland have overcome Bosnia & Herzegovina and Italy in their respective semi-finals, the home nations will meet in Cardiff in a high-stakes play-off final broadcast live on the BBC.

Jacob Bethell

LIVE CRICKET

Indian Premier League

From Saturday, Sky Sports Cricket & Sky Sports Main Event

England's rising star Jacob Bethell returns for a second stint in the IPL when Royal Challengers Bengaluru begin the defence of their Twenty20 title against Sunrisers Hyderabad on Saturday (play starts 2pm). Australia all-rounder Cameron Green is the most expensive overseas signing in IPL history after being picked by Kolkata Knight Riders, while India's T20 World Cup hero Sanju Samson has switched to Chennai Super Kings.

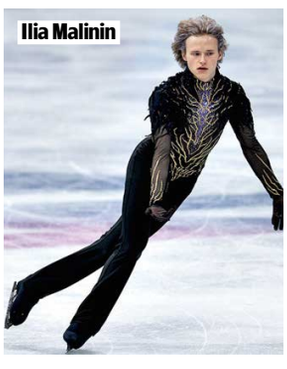
Kimi Antonelli

LIVE MOTORSPORT

F1: Japanese Grand Prix

Sunday, race starts 6am, Sky Sports F1 & Sky Sports Main Event

Mercedes are setting the early pace this year with British driver George Russell and teammate Kimi Antonelli each claiming a victory in the opening two races. The Italian teenager became the second-youngest Formula One winner of all time (after Max Verstappen) and is four points behind Russell as F1 heads to Suzuka. The cancellation of the Bahrain and Saudi Arabia Grands Prix in April due to the war in the Middle East means the next race after Japan will be Miami in five weeks' time. With neither of the cancelled events being rescheduled or replaced in the calendar, the F1 season is reduced to 22 races.



Ilia Malinin

LIVE FIGURE SKATING

World Championships

Saturday & Sunday, BBC iPlayer

USA's Ilia Malinin will want to put his Milano Cortina disappointment behind him when he goes for a third men's singles world title in a row in Prague on Saturday. Also on Saturday, French ice dance Olympic champions Laurence Fournier Beaudry and Guillaume Cizeron are back on the ice alongside Britain's Lilah Fear and Lewis Gibson. BBC2 will screen Sunday's concluding exhibition gala at 2pm.

Sport A-Z and football planner »»

Travel Insurance for Over 50s

All ages. All conditions. All destinations.

UP TO **20%** [1] OFF

USE CODE: **TVM20**

- ✓ **Voted UK's No.1 for Customer Care** [2]
- ✓ **24/7 English-speaking emergency helpline**
- ✓ **Trusted by millions for 25 years**

Not all Travel Insurance is the same

MAY 2025 — Which? Best Buy — TRAVEL INSURANCE

JUNE 2024 — Which? Best Buy — TRAVEL INSURANCE

FEBRUARY 2024 — Which? Best Buy — TRAVEL INSURANCE

Trustpilot Rated Excellent

defaqto ★★★★★ Travel Insurance 2018-2025 EXPERT RATED

AS SEEN ON TV

Call our UK Team 7 days a week FREE

0800 652 7282

AllClearTravel.co.uk

AllClear™

AllClear Gold Plus and Platinum achieved Which? Best Buy. AllClear Gold Plus has been 5 Star rated by Defaqto. [1] Discount based on the premium amount: 5% off premiums £0-£49, 10% off £50-£249, & 20% off £250+. Discount excludes any premium generated to cover medical conditions or optional extras. This offer cannot be used in conjunction with any other offer. Offer ends 23:59 on 31/12/26. [2] UK Broker Awards, Customer Service Award 2025. For more information please refer to T&Cs at AllClearTravel.co.uk.

Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE Essendon Bombers v North Melbourne Kangaroos
Sat 8.30am TNT Sports 1

LIVE Port Adelaide Power v West Coast Eagles
Sat 2.30am (BST) TNT Sports 4, 4am (BST) TNT Sports 3

LIVE Carlton Blues v Melbourne Demons
Sat 4.30am (BST) TNT Sports 3

LIVE Brisbane Lions v Collingwood Magpies
Thu 9.30am TNT Sports 1

LIVE North Melbourne Kangaroos v Carlton Blues
Thu 5am TNT Sports 2

LIVE Adelaide Crows v Fremantle Dockers
Good Friday 9am TNT Sports 2

BASEBALL

LIVE Toronto Blue Jays v Athletics
Sat 8pm TNT Sports 3 (Start time 8.07pm)

LIVE San Francisco Giants v New York Yankees
Sat 12m't TNT Sports 3

LIVE Philadelphia Phillies v Texas Rangers
Sun 6.30pm TNT Sports 1

LIVE Seattle Mariners v Cleveland Guardians
Sun 12m't TNT Sports 1

LIVE Kansas City Royals v Minnesota Twins
Mon 9pm TNT Sports 2, 9.30pm TNT Sports 1 (Start time 9.10pm)

LIVE San Diego Padres v San Francisco Giants
Mon 2.30am TNT Sports 1

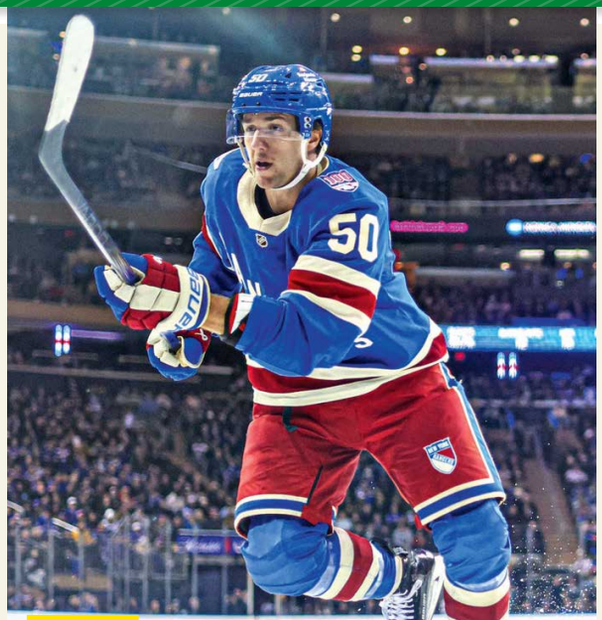
LIVE Seattle Mariners v New York Yankees
Tue 2.30am TNT Sports 1

LIVE Seattle Mariners v New York Yankees
Wed 9pm TNT Sports 1

LIVE Kansas City Royals v Minnesota Twins
Thu 7pm TNT Sports 1 (Start time 7.10pm)

LIVE San Francisco Giants v New York Mets
Thu 2.30am TNT Sports 1

LIVE Boston Red Sox v San Diego Padres
Good Friday 7pm TNT Sports 2 (Start time 7.10pm)



Ice hockey
Will Cuylle and the New York Rangers face the Florida Panthers on Sunday

BASKETBALL

LIVE Charlotte Hornets v Philadelphia 76ers
Sat 10pm Sky Sports Action & Sky Sports +

LIVE Oklahoma City Thunder v New York Knicks
Sun 11.30pm Sky Sports Action & Sky Sports +

LIVE Denver Nuggets v Golden State Warriors
Sun 3am Sky Sports Action & Sky Sports +

LIVE Miami Heat v Philadelphia 76ers
Mon 11pm Sky Sports Main Event & Sky Sports Action

LIVE San Antonio Spurs v Chicago Bulls
Mon 12m't Sky Sports +

LIVE Oklahoma City Thunder v Detroit Pistons
Mon 2.30am Sky Sports Main Event & Sky Sports Action

LIVE Houston Rockets v New York Knicks
Tue 12m't Sky Sports Main Event & Sky Sports Action

LIVE Los Angeles Clippers v Portland Trail Blazers
Tue 4am Sky Sports Main Event & Sky Sports Action

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 10pm TNT Sports 1

LIVE Israel Adesanya v Joe Pyfer
Sat 12m't TNT Sports 1

CRICKET

LIVE Royal Challengers Bengaluru v Sunrisers Hyderabad
Sat 1.50pm Sky Sports Cricket, 3pm Sky Sports Main Event
IPL match. See p29.

LIVE New Zealand Women v South Africa Women
Sat 12.30am TNT Sports 2
First ODI in the three-match series.

LIVE Mumbai Indians v Kolkata Knight Riders
Sun 2.50pm Sky Sports Cricket

LIVE Rajasthan Royals v Chennai Super Kings
Mon 2.50pm Sky Sports Cricket, 3pm Sky Sports Main Event

LIVE Punjab Kings v Gujarat Titans
Tue 2.50pm Sky Sports Cricket, 3pm Sky Sports Main Event

LIVE New Zealand Women v South Africa Women
Tue 10.30pm TNT Sports 2
Second ODI in the three-game series.

LIVE Lucknow Super Giants v Delhi Capitals
Wed 2.50pm Sky Sports Cricket, 3pm Sky Sports Main Event

LIVE Kolkata Knight Riders v Sunrisers Hyderabad
Thu 2.50pm Sky Sports Cricket, 3pm Sky Sports Main Event

LIVE Chennai Super Kings v Punjab Kings
Good Friday 2.50pm Sky Sports Cricket, 5.15pm Sky Sports Main Event

LIVE New Zealand Women v South Africa Women
Good Friday 10.30pm TNT Sports 2
The third and final ODI in the series.

CURLING

LIVE Canada v Scotland
Sat 9pm TNT Sports 4

LIVE Italy v Scotland
Mon 9pm TNT Sports 3

LIVE Italy v Poland
Tue 9pm TNT Sports 1

LIVE Sweden v Germany
Wed 9pm TNT Sports 2

LIVE USA v Italy
Thu 4pm TNT Sports 1

LIVE Men's World Championship
Good Friday 4pm TNT Sports 1
A quarter-final tie in Ogden, Utah.

LIVE Men's World Championship
Fri 10pm TNT Sports 1
A semi-final tie in Ogden, Utah.

CYCLING

LIVE Men's Tour of Catalunya
Sat 2.15pm TNT Sports 4; Sun 11.15am TNT Sports 3

LIVE Men's In Flanders Fields
Sun 1.15pm TNT Sports 3

LIVE Women's In Flanders Fields
Sun 3.45pm TNT Sports 3

LIVE Men's Across Flanders
Wed 12.45pm TNT Sports 1

LIVE Women's Across Flanders
Wed 3.15pm TNT Sports 1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports Action
Night nine at AO Arena, Manchester.

FIGURE SKATING

LIVE World Championships
Sat & Sun BBC iPlayer
Coverage from Prague. Highlights: Sun 2pm BBC2. See p29.

GOLF

LIVE Indian Open
Sat 8am & Sun 7.30am Sky Sports Golf

LIVE Houston Open
Sat 12.30pm & Sun 1.15pm Sky Sports Golf; Sat 8pm & Sun 8.15pm Sky Sports Main Event

LIVE Ford Championship
Sat 10pm & Sun 11pm Sky Sports Main Event, Sky Sports Golf
Days three and four in Arizona.

LIVE Augusta National Women's Amateur
Wed & Thu 6.30pm Sky Sports Golf

LIVE Texas Open
Thu 1.15pm & 8.30pm, Good Friday 1.15pm Sky Sports Golf; Thu 11pm & Good Friday 10.30pm Sky Sports Main Event
Days one and two at TPC San Antonio.

LIVE Aramco Championship
Thu & Good Friday 11pm Sky Sports Mix; Thu & Good Friday 12m't Sky Sports Main Event, Sky Sports Golf
Days one and two from Las Vegas.

HORSE RACING

LIVE Doncaster and Kempton Park
Sat 1.15pm ITV1

LIVE Newcastle and Lingfield Park
Good Friday 1.15pm ITV4

ICE HOCKEY

LIVE Colorado Avalanche v Winnipeg Jets
Sat 11pm Premier Sports 2

LIVE Vegas Golden Knights v Washington Capitals
Sat 3.30am (BST) Premier Sports 1

LIVE New York Rangers v Florida Panthers
Sun 6pm ITV4

LIVE Tampa Bay Lightning v Nashville Predators
Sun 10pm Premier Sports 1

LIVE Swedish Hockey League
Mon 5.55pm Premier Sports 1

LIVE New York Islanders v Pittsburgh Penguins
Mon 12m't Premier Sports 2

LIVE Colorado Avalanche v Calgary Flames
Mon 1.30am Premier Sports 1

LIVE New Jersey Devils v New York Rangers
Tue 12m't Premier Sports 2

LIVE Edmonton Oilers v Seattle Kraken
Tue 2am Premier Sports 1

LIVE Glasgow Clan v Dundee Stars
Wed 7.15pm Premier Sports 1

LIVE Colorado Avalanche v Vancouver Canucks
Wed 1.30am Premier Sports 2

LIVE San Jose Sharks v Anaheim Ducks
Wed 3am Premier Sports 1

LIVE Tampa Bay Lightning v Pittsburgh Penguins
Thu 12m't Premier Sports 2

LIVE Edmonton Oilers v Chicago Blackhawks
Thu 2am Premier Sports 1

LIVE New York Islanders v Philadelphia Flyers
Good Friday 12m't Premier Sports 2

LIVE Anaheim Ducks v St. Louis Blues
Good Friday 3am Premier Sports 1

MOTORCYCLING

LIVE MotoGP
Sat 1.30pm & Sun 4.30pm TNT Sports 2; Sun 9.30pm TNT Sports 1
The Grand Prix of the Americas held at the Circuit of the Americas.

MOTORSPORT

LIVE World Superbikes
Sat 9.30am, 11am & 12.45pm TNT Sports 3; Sun 11am & 12.45pm TNT Sports 2

LIVE Women's Circuit Racing
Sat 11.45am TNT Sports 3; Sun 11.45am TNT Sports 2

LIVE Indycar
Sat 3pm & 6.30pm, Sun 3pm & 6pm Sky Sports F1
The Grand Prix of Alabama.

LIVE Indy NXT
Sat 5pm, Sun 4pm Sky Sports F1

LIVE Formula 1
Sat 3.30am (BST) Sky Sports Main Event, Sky Sports F1 (Race starts 6am)
Japanese Grand Prix. See p29.

LIVE Motocross
Sun 12noon & 3pm TNT Sports 4

LIVE NASCAR
Sun 8pm Premier Sports 2

NETBALL

LIVE Super League
Sat 4.55pm Sky Sports Mix

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY LEAGUE

LIVE Penrith Panthers v Parramatta Eels
Sat 6.30am Sky Sports Action

Sport A-Z and football planner ›››

SUBSCRIPTION OFFER
6 issues for £1*

Visit: magazinesdirect.com/xts/DJ94W
Call: 0330 333 1113 and quote code DJ94W

TERMS AND CONDITIONS: Offer closes 31 October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3 monthly subscription price of £46.48. We will notify you in advance of any price changes. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries please email: help@magazinesdirect.com.

RUGBY WORLD

The voice of modern rugby

RUGBY WORLD GOES LIVING WITH THE LIONS!
RUGBY WORLD
WORLD CUP 2025 PREVIEW SPECIAL
IT'S BACK!
All you need to know about every team at the Women's World Cup
HOW POSTER GIRL ELLIE KILDUNNE IS PUSHING THE ENVELOPE
WHY THIS COULD BE CANADA'S TIME AT THE WORLD CUP
STEPHEN JONES: "IT'S NOW OR NEVER FOR ENGLAND"
RENEE HOLMES: FROM FRISBEE TO THE BLACK FERNS
JOHN MITCHELL ON HIS RED ROSES BATTLE PLAN
CAN BELGIUM BEAT THE ODDS TO REACH WORLD CUP 2027?
FIN SMITH EXCLUSIVE
SHOULD ENGLAND LEAVE TWICKENHAM?
EVERY TEAM INSIDE
FROM THE PREMIERSHIP AND UNITED RUGBY CHAMPIONSHIP
GAME CHANGER
Why the World Cup will propel USA into the big time

ON SALE NOW!

MORE WAYS TO CONNECT WITH US

MOBILE
RUGBY 24/7

ONLINE
RUGBYWORLD.COM

SOCIALS
@ rugbyworldmag
Rugby World Magazine
@ Rugbyworldmag

Football planner

LIVE North Queensland Cowboys v Melbourne Storm
Sat 8.30am Sky Sports Action

LIVE Leigh Leopards v Toulouse Olympique
Sat 5.15pm BBC2 (Kick-off 5.30pm) Super League action.

LIVE Leeds Rhinos v Warrington Wolves
Sun 4.30pm Sky Sports Action, 5pm Sky Sports Main Event (Kick-off 5.30pm) Super League match at AMT Headingley Stadium.

LIVE Penrith Panthers v Melbourne Storm
Good Friday 10am Sky Sports Main Event, Sky Sports Action, Sky Sports +

LIVE Hull Kingston Rovers v Hull FC
Good Friday 12noon Sky Sports Main Event, Sky Sports Action, Sky Sports + (Kick-off 12.30pm) The Super League encounter.

LIVE St Helens v Wigan Warriors
Good Friday 2.30pm Sky Sports Action, 2.45pm Sky Sports Main Event (Kick-off 3pm) The Super League encounter.

RUGBY UNION

LIVE Blues v Drua
Sat 6am Sky Sports+

LIVE Western Force v Chiefs
Sat 8.30am Sky Sports+

LIVE Bulls v Munster
Sat 11.30am Premier Sports 1 (Kick-off 12noon) The United Rugby Championship match.

LIVE Gloucester Rugby v Leicester Tigers
Sat 12.30pm TNT Sports 1 (Kick-off 1pm) The Prem Rugby match at Villa Park.

LIVE Connacht v Ospreys
Sat 2pm Premier Sports 1 (Kick-off 2.15pm) The United Rugby Championship match.

LIVE Lions v Dragons
Sat 2pm Premier Sports 2 (Kick-off 2.30pm) The United Rugby Championship match staged at Emirates Airline Park.

LIVE Bristol Bears v Harlequins
Sat 3.15pm TNT Sports 1 (Kick-off 3.30pm) The Prem encounter from the Principality Stadium in Cardiff.

LIVE Stormers v Edinburgh
Sat 4.45pm Premier Sports 1 (Kick-off 5pm) The United Rugby Championship match.

LIVE Saracens v Northampton Saints
Sat 5.45pm TNT Sports 1 & ITV4 (Kick-off 6pm) The Prem Rugby clash at Tottenham Hotspur Stadium.

LIVE Zebre v Ulster
Sat 7.30pm Premier Sports 1 (Kick-off 7.45pm) The United Rugby Championship match staged at Stadio Sergio Lanfranchi.

LIVE Ealing Trailfinders v Loughborough Lightning
Sun 12noon TNT Sports 1 (Kick-off 12.15pm) The Premiership Women's Rugby match from Trailfinders Sports Club.

LIVE Sale Sharks v Bath
Sun 2.30pm TNT Sports 1 (Kick-off 3pm) Coverage of the match from CorpAcq Stadium.

LIVE Crusaders v Fijian Drua
Good Friday 7am Sky Sports Action, Sky Sports +

LIVE Northampton Saints v Castres
Good Friday 7pm Premier Sports 2 (Kick-off 8pm) The Champions Cup round-of-16 tie staged at Franklin's Gardens. See p28.

LIVE Connacht v Sharks
Good Friday 7.45pm Premier Sports 1 (Kick-off 8pm) The Challenge Cup round-of-16 clash from Dexcom Stadium.

SKIING

LIVE Cross Country Skiing
Sat 7.30am TNT Sports 4

LIVE Ski Jumping
Sat 8.15am TNT Sports 2; Sun 8.45am TNT Sports 1

LIVE Freestyle Skiing
Sat & Sun 10.15am TNT Sports 4; Sat 10.15am TNT Sports 2

SNOOKER

LIVE Tour Championship
Mon-Thu 12.30pm & 6.30pm 5, 8pm 5Action; Good Friday 12.30pm & 6.45pm 5 Days one to five of the tournament staged at Manchester Central.

TENNIS

LIVE Miami Open
Sat 4.30pm Sky Sports Tennis; 5pm Sky Sports + The men's doubles final.

LIVE Miami Open
Sat 6.30pm Sky Sports + & Sky Sports Tennis The women's singles final.

LIVE Miami Open
Sun 5.30pm Sky Sports + & Sky Sports Tennis The women's doubles final.

LIVE Miami Open
Sun 7.30pm Sky Sports +; Sky Sports Tennis The men's singles final.

LIVE ATP Bucharest Open
Mon 10.30am, Fri 9am Sky Sports Tennis The ATP 250 event, at Centrul National de Tenis in Romania.

LIVE ATP Bucharest and ATP Marrakech Open
Mon 1.30pm, Tue 10.30am, Wed & Thu 11am Sky Sports +; Mon 1.30pm, Tue 10.30am, Wed-Fri Thu 11am Sky Sports Tennis Coverage from the respective ATP 250 events at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech in Morocco.

LIVE WTA and/or ATP Tours
Mon-Thu 4pm, Good Friday 5pm Sky Sports +; Mon-Good Friday 4pm Sky Sports Tennis; Wed 10pm Sky Sports Main Event Tournaments include the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.

LIVE US Men's Clay Court Championships
Good Friday 1am Sky Sports Tennis The ATP 250 event at River Oaks Country Club in Houston, Texas.

WINTER SPORTS

LIVE Snowboarding
Sat 4.15pm TNT Sports 3

LIVE INTERNATIONAL FRIENDLY

USA v Belgium

Saturday, kick-off 7.30pm, Premier Sports 2

Leeds United forward Brenden Aaronson could feature as USA boss Mauricio Pochettino assesses his options in this World Cup warm-up match in Atlanta. Belgium striker Romelu Lukaku will pick up his 125th cap if he is selected.

LIVE WOMEN'S CHAMPIONS LEAGUE

Bayern Munich v Manchester United

Wed, kick-off 5.45pm, Disney+

A semi-final against Real Madrid or Barcelona awaits the winners as Maya Le Tissier's United travel to the Allianz Arena for the second leg of their last-eight tie. Chelsea host holders Arsenal at Stamford Bridge (8pm, BBC2 & Disney+).

LIVE CHAMPIONSHIP

Middlesbrough v Millwall

Good Friday, kick-off 12.30pm, ITV1 & Sky Sports Football

With Coventry City on course to claim the Championship title, both teams are battling it out for the runners-up spot. Middlesbrough took the points in a 3-0 victory at the Den in August, including a goal from midfielder Hayden Hackney.

Saturday 28

LIVE Sydney FC Women v Melbourne Victory Women
6am TNT Sports 2 (kick-off 6am)

LIVE Everton v Liverpool
11.50am Sky Sports Premier League, Sky Sports Mix (kick-off 12pm) The WSL game at Goodison Park.

LIVE Harrogate Town v Notts County
12noon Sky Sports Main Event, Sky Sports Football (kick-off 12.30pm) The League Two encounter.

LIVE Manchester United v Manchester City
1.15pm BBC1 (kick-off 1.30pm) The WSL derby at Old Trafford.

LIVE A League One match
2.50pm Sky Sports + (kick-off 3pm)

LIVE Scotland v Japan
4.30pm BBC1 (Scotland only) (kick-off 5pm) Friendly at Hampden Park. See p29.

LIVE Arsenal v Tottenham Hotspur
5pm Sky Sports Main Event, Sky Sports Football (kick-off 5.30pm) The WSL game at Emirates Stadium.

LIVE Denver Summit v Washington Spirit
6pm TNT Sports 4 (kick-off 6pm) The NWSL fixture in Denver.

LIVE USA v Belgium
7.30pm Premier Sports 2 (kick-off 7.30pm) The friendly match in Atlanta.

Sunday 29

LIVE Chelsea v Aston Villa
11am Sky Sports Main Event, Sky Sports Football, Sky Sports Mix & Sky One (kick-off 12pm) The WSL match at Kingsmeadow.

LIVE West Ham United v London City Lionesses
11am Sky Sports Premier League (kick-off 12pm) The WSL encounter.

LIVE Glasgow City v Rangers
2.30pm Sky Sports Main Event, Sky Sports Football & Sky Sports Mix (kick-off 3pm) The Scottish Women's Cup final.

LIVE Real Zaragoza v Racing Santander
5.25pm Premier Sports 2 (kick-off 5.30pm) The LaLiga 2 fixture.

Tuesday 31

LIVE England v Japan
7pm ITV1 (kick-off 7.45pm) The international friendly which is staged at Wembley. See p29.

LIVE Ivory Coast v Scotland
7.15pm BBC Scotland (kick-off 7.30pm) The friendly in Liverpool. See p29.

LIVE FIFA World Cup
7.15pm BBC3 (kick-off 7.45pm) A qualifying play-off final.

LIVE Sgorio Rhyngwladol
7.20pm S4C Coverage of an international match.

LIVE FIFA World Cup
7.30pm BBC2 (kick-off 7.45pm) A qualifying play-off final.

LIVE Real Valladolid v Cadiz
8.25pm Premier Sports 1 (kick-off 8.30pm) LaLiga 2 at Estadio Jose Zorrilla.

LIVE USA v Portugal
12m't Premier Sports 1 (kick-off 12am) Friendly match from in Atlanta.

LIVE Croatia v Brazil
12.45am ITV4 (kick-off 1am) The friendly in Orlando, Florida.l

Wednesday 1

LIVE Bayern Munich v Manchester United
5.45pm Disney+ (k-o 5.45pm) Women's Champions League.

LIVE Chelsea v Arsenal
7.30pm BBC2 & Disney+ (kick-off 8pm) Women's Champions League clash.

LIVE Glasgow City v Hibernian
7.35pm BBC Alba The SWPL match at Petershill Park.

Thursday 2

LIVE Macarthur Bulls v Newcastle Jets
9.30am TNT Sports 2 (kick-off 9.35am) The A-League encounter.

LIVE Brisbane Roar v Sydney FC
11am TNT Sports 3 (kick-off 11am) The A-League encounter.

LIVE Cambridge United v Swindon Town
7.30pm Sky Sports Football (kick-off 8pm) The League Two match from Cledara Abbey Stadium.

LIVE Wigan Athletic v Leyton Orient
7.35pm Sky Sports + (kick-off 7.45pm) The League One match which is held at Brick Community Stadium.

Good Friday

LIVE Adelaide United v Wellington Phoenix
6.45am TNT Sports 1 (kick-off 6.50am) The A-League Women game.

LIVE Perth Glory v Melbourne Victory
9am TNT Sports 3 (kick-off 9am) The A-League Women game.

LIVE Adelaide United v Auckland FC
9.30am TNT Sports 1 (kick-off 9.35am) The A-League encounter.

LIVE Middlesbrough v Millwall
12noon ITV1 & Sky Sports Football (kick-off 12.30pm) The Championship match which is staged at the Riverside Stadium.

LIVE Oxford United v Hull City
2.45pm Sky Sports Football (kick-off 3pm) The Championship match.

LIVE EFL
2.50pm Sky Sports+

LIVE Coventry City v Derby County
7.30pm Sky Sports Main Event; Sky Sports Football (kick-off 8pm) The Championship match.

LIVE Central Coast Mariners v Sydney FC
4.15am TNT Sports 3 (kick-off 4.15am) The A-League Women fixture.

LIVE Canberra United v Brisbane Roar
5am TNT Sports 4 (kick-off 5am) The A-League Women match.

PHOTOS: GETTY

6 ISSUES FOR £1*

BEST FOR SPORT, SKY & STREAMING
IT'S COMIC RELIEF!
MORE CHANNELS THAN ANY OTHER TV MAG!
NEW
THE Madison
Kurt Russell and Michelle Pfeiffer star in a major series from the creator of Yellowstone
NEW
IMPERFECT WOMEN
Kate Mara, Elisabeth Moss and Kerry Washington play best friends in this killer thriller
NEW
THE OTHER BENNET SISTER
Richard E Grant and Ruth Jones in a Jane Austen spin-off
NEW
PEAKY BLINDERS: THE IMMORTAL MAN
The Shelby saga continues as World War Two rages
NEW
GONE
Eve Myles and David Morrissey in a twisty thriller
DINOSAURS
Steven Spielberg's epic prehistoric series
SCARPETTA

Don't miss a thing with a subscription to *TV&Satellite Week* magazine

THERE ARE 3 EASY WAYS TO SUBSCRIBE

VISIT magazinesdirect.com/xts/DJ94D

CALL 0330 333 1113 and quote code DJ94D **SCAN** QR code

TERMS AND CONDITIONS: Offer closes 31st October 2026. Offer open to new subscribers only. The Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3-monthly subscription price of £46.48. We will notify you in advance of any price changes. All gift subscriptions will start with the first available issue on sale after December 2025. If you would like your gift subscription to start with an earlier issue, you can choose an earlier issue when ordering, or you can contact customer services. Orders purchased for yourself will start with the next available issue. The full subscription rate is for 12 months (51) issues, and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Access to the digital library ends with your subscription. Payment is non-refundable after the 14-day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email: help@magazinesdirect.com.

Saturday

CHANGE YOUR CLOCKS...
Don't forget that the clocks go forward one hour at 1am tonight

28 March

Evening Planner

Cricket

Indian Premier League
Sky Sports Cricket & Sky Sports Main Event, play starts at 2pm
Defending champions Royal Challengers open the season against the Sunrisers.

Music

Big Night of Musicals
BBC1, 7.45pm (times vary)
Jason Manford hosts another showcase of musical numbers, which includes a celebration of composer Alan Menken.

Documentary

Inside Britains' National Parks
BBC2, 8.30pm (box set, BBC iPlayer)
Taking a closer look at our national parks, from the New Forest to Northumberland.

Drama

Hidden Assets
BBC4, 9pm & 9.50pm (box set, iPlayer)
As the Ireland-based crime drama returns for a third series, a murder is linked to a raid on a criminal's home.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.45 Michael McIntyre's The... †	7.45 Big Night of Musicals by the National Lottery †			9.20 The Walsh Sisters		10.10 News	10.30 Film: Shallows †
	102 BBC2	‹ 5.15 Rugby...	7.30 Celebrity Antiques Road Trip		8.30 Inside Britain's National Parks	9.20 Show Tunes at the BBC: Volume 3			
	103 ITV1	‹ 6.45 Britain's Got Talent		8.00 Celebrity Sabotage		9.00 The 1% Club		10.00 The Jonathan Ross Show	
	104 CHANNEL 4	‹ 6.50 Britain's Most Luxurious...		7.50 Chernobyl: 48 Hours To Escape		9.20 Bill Bailey's Vietnam			10.20 Film: Moonfall
	105 5	‹ 6.30 Birds of a Feather: 30 Years...		7.50 Lip-Reading the Royals: What Are They Really Saying?		9.20 The Windsor Castle Fire: Minute by Minute			
	106 SKY ONE	‹ 6.50 F1: Japanese Grand Prix...		7.50 Film: Raiders of the Lost Ark				10.00 Saturday Night Live UK	
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Ghosts		9.30 Mrs Brown's Boys		10.30 The Young...
	116 BBC4	7.00 The Good Old Days	7.45 Hetty Wainthropp Investigates		8.35 Angela...	9.00 Hidden Assets			10.40 Parkinson
	118 ITV2	‹ 6.25 Film: Stardust				9.00 Film: Meet the Fockers			
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 6.45 Film: Jumanji: The Next Level				9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Caught on Dashcam		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.30 House of the Dragon				9.00 I Hate Suzie			10.25 The Fear Index
	110 U&GOLD	‹ 6.50 Only Fools and Horses				9.00 Gavin & Stacey			10.20 Only Fools and Horses
	111 U&DAVE	7.00 Would I Lie to You?				9.00 Red Dwarf			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 5.45 Gallagher PREM Rugby – Live (Kick-off 6.00)			8.25 River Monsters	9.00 English Football League Highlights		10.00 Film: Moonraker	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: True Lies			
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 The Walking Dead			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 Whitechapel		10.00 The Inspector Lynley Mysteries	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	‹ 6.50 Bee Gees: One Night Only				9.00 Film: The Good, the Bad and the Ugly			
	132 U&W	7.00 Nurses on the Ward				9.00 Louis Theroux: Shooting Joe Exotic			
DOCUMENTARY	125 DISCOVERY	7.00 Filthy Fortunes		8.00 Maine Cabin Masters		9.00 Ed Stafford's Rite of Passage		10.00 Curse of the Bermuda Triangle	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 World War II: Secrets from Above		8.00 Liberation: D-Day to Berlin				10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Secrets of the Lost Liners				9.00 Hitler's Secret Sex Life			
	155 U&YESTERDAY	7.00 David Jason's Great British Inventions		8.00 Bangers & Cash					
	114 SKY DOCS	7.00 Busby				9.00 Germanwings: What Happened on Flight 9525?			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.25 Nobody 2		8.00 Superman					10.20 One Battle After...
	302 ADVENTURE	‹ 5.45 Superman		8.00 A Minecraft Movie			9.45 Uncharted		
	303 FUN	‹ 6.10 The Hangover		8.00 The Hangover Part II			9.45 The Hangover Part III		
	307 GREATS	‹ 6.25 Mad Max		8.00 Mad Max 2			9.40 Mad Max Beyond Thunderdome		
	312 ANIMATION	‹ 6.05 Mr Peabody & Sherman	7.50 The Lego Movie			9.35 Pil's Adventures			
	304 FAMILY	‹ 6.00 The Golden Compass		8.00 Scooby-Doo			9.40 Scooby-Doo 2: Monsters Unleashed		
	306 ACTION	‹ 5.55 Indiana Jones and the Kingdom of...		8.00 Troy					
	308 COMEDY	‹ 6.00 You've Got Mail		8.00 Bridget Jones: Mad About the Boy				10.10 The Naked Gun	
	309 THRILLER	‹ 5.50 The Perfect Storm		8.00 Ocean's Twelve				10.10 Trap	
	310 DRAMA	‹ 6.10 Love Story		8.00 Joker: Folie à Deux					10.20 The Brutalist
	311 SCI-FI	‹ 6.10 Mars Attacks!		8.00 Nosferatu					10.15 From Dusk Till Dawn
	313 FILM4		7.10 Men in Black			9.00 The Green Mile			
SPORT	401 MAIN EVENT	‹ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 PGA Tour Golf – Live: The Texas Children's Houston Open				10.00 LPGA Tour Golf – Live	
	402 PREMIER LEAGUE	‹ 4.00 ePremier League Finals – Live: Coverage of day one of the eSports tournament							10.30 PL Stories
	403 FOOTBALL	‹ 5.00 Football: WSL – Live (Kick-off 5.30)		8.00 EFL				10.00 EFL Cup Highlights	
	405 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	‹ 5.45 Gallagher PREM – Live: Saracens v Northampton Saints			8.30 The Breakdown	9.00 UFC Main Event		10.00 UFC – Live: The preliminary bouts	
	411 TNT SPORTS 2	‹ 5.45 MotoGP – Live: The Grand Prix of the Americas				8.45 Superbikes	9.15 Men's Cycling World Tour		10.15 World Rally Raid...

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

CHANGE YOUR CLOCKS...
Don't forget that the clocks go forward one hour at 1am tonight

Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Matt Tebbutt is joined by Rebecca Lucy Taylor and Phil Daniels. (S)
11.30 **NEW SERIES** **Flaming Feasts** 1/6. Chef Chris 'Flamebaster' Roberts cooks his way across Wales. (S)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **LIVE** **Match of the Day: Women's Super League** Manchester United v Manchester City: Coverage from Old Trafford. Kick-off is at 1.30. (S)
3.45 **FILM** **The Mask** Fantasy comedy with Jim Carrey and Cameron Diaz. (S)(AD) (1994, PG, 95min) ★★★★
5.20 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** Series finale 11/11. Bradley and Barney Walsh present the Grand Final. (S)(AD)

9.20 The Walsh Sisters

6.45 **Michael McIntyre's The Wheel** 7/10. The comedian hosts the Saturday-night game show, joined by Liza Tarbuck, Iain Stirling, Rachel Riley, Trevor Nelson, GK Barry, Gabby Logan and Chris McCausland. (S)(R)

7.45 **NEW** **Big Night of Musicals by the National Lottery** Jason Manford hosts the annual showcase of musical theatre from the AO Arena in Manchester, featuring a preview of forthcoming new West End productions of *Miss Saigon* and *Jesus Christ Superstar*, with Sam Ryder making his debut as Jesus. Alexandra Burke performs numbers from *I'm Every Woman: The Chaka Khan Musical*, plus a performance from *Annie* featuring La Voix. (S)

9.20 **The Walsh Sisters** Series finale *One of Us Always Cracks:* 6/6. Chaquie helps Rachel get ready for an event for Anna. On the way, Celine and Rachel stop by the Walsh house – only to discover that Anna is missing. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.10 **BBC News** (S)
10.30 **FILM** **The Shallows** Thriller, starring Blake Lively and Oscar Jaenada. A surfer strays into the hunting territory of a great white shark and faces a life or death struggle to get back to shore. (S) (2016, 15, 80min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 **The Claudia Winkleman Show** 3/6. The host is joined by actors Chase Infiniti and Lisa Kudrow, and comedian Jimmy Carr. (S)(R)
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **(GMT) BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.35 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **FILM** **All About Eve** Vintage comedy drama starring Bette Davis and Anne Baxter. (S) (1950, b/w, U, 135min) ★★★★★
12.15 PM **Great British Menu** (S)(R)(AD)
1.15 **Escape to the Country** (S)(R)
2.00 **Flog It!** From Folkestone. (S)(R)
2.30 **FILM** **The Ipcress File** Classic spy thriller starring Michael Caine as Len Deighton's cockney intelligence agent Harry Palmer. (S)(AD) (1965, PG, 105min) ★★★★★
4.15 **Mississippi: Earth's Great Rivers** A journey along the river. (S)(R)(AD)
5.15 **LIVE** **Rugby League: Super League** Leigh Leopards v Toulouse Olympique: The top-flight match from the Progress with Unity Stadium. Kick-off is at 5.30. (S)

9.20 Show Tunes at the BBC: Vol 3

LIVE **Rugby League: Super League** (started at 5.15pm)

7.30 **Celebrity Antiques Road Trip** The friendship of reality TV's Chris Hughes and Jake Quickenden is put to the test as they explore South Yorkshire's antique shops with Izzie Balmer and Irita Marriott. (S)(R)

8.30 **NEW SERIES** **Inside Britain's National Parks** 1/4. Documentary looking at four national parks, capturing the sights and sounds of these places and meeting people who live and work there, beginning with the New Forest. (S)(AD)
■ Entire series on BBC iPlayer

9.20 **NEW** **Show Tunes at the BBC: Volume 3** Elaine Paige presents musical theatre moments from the archives, featuring Fred Astaire, Shirley Bassey, Michael Bublé, Alison Moyet, Louis Armstrong and Elaine herself. (S)

10.50 **Show Tunes at the BBC: Volume 2** Elaine Paige presents highlights from musicals such as *Les Misérables, Oklahoma!* and *Hamilton*, by performers including Shirley Bassey, Alfie Boe, Hugh Jackman and Barbara Dickson. (S)(R)
12.20 **to 1.50** AM **(GMT) Show Tunes at the BBC** Another selection of songs from musicals. (S)(R)
2.50 **(BST) Sings Musicals** Featuring Ella Fitzgerald, Jeff Beck, Jay-Z and Captain Sensible. (S)(R)
3.50 **Sign Zone: The Capture** (S)(R)(AD)
4.45 **to 6.50** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Celebrity Lingo** (S)(R)
6.30 **Love Your Garden** (S)(R)(AD)
7.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition (S)
12.00 NOON **Raymond Blanc's Royal Kitchen Gardens** (S)(R)(AD)
12.30 PM **James Martin's Great British Adventure** The Orkneys. (S)(R)
1.00 **ITV News** (S)
1.15 **LIVE** **Racing** Coverage from Doncaster and Kempton Park. (S)
4.00 **Millionaire Hot Seat** Quiz. (S)(R)
4.30 **The Chase Celebrity Special** (R)
5.25 **ITV News** (S)
5.40 **Local News** (S)
5.50 **Celebrity Catchphrase** New edition With Amy Dowden, Will Best and Samia Longchambon. (S)(AD)

8.00 Celebrity Sabotage

6.45 **Britain's Got Talent** New edition Ant and Dec host as the auditions return to Blackpool's Winter Gardens, with more acts taking to the stage with performances to impress the crowd and judges Simon Cowell, Amanda Holden, Alesha Dixon and KSI. With the presenters yet to push their Golden Buzzer, might one of today's performers be just what the pair are looking for? (S)(AD)

8.00 **Celebrity Sabotage** New edition 2/6. Joel Dommett, Judi Love, Sam Thompson and GK Barry take part in a fake show hosted by Matt and Emma Willis, while Olivia Attwood is the guest saboteur. (S)(AD)

9.00 **The 1% Club** Quiz hosted by Lee Mack in which the questions are based around logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)

10.00 **The Jonathan Ross Show** New edition Jonathan is joined by *Celebrity Traitors* star and ex-England rugby union player Joe Marler, comedian Romesh Ranganathan and actor and stand-up Aisling Bea, while music comes from soul musican Jalen Ngonda. (S)
11.00 **ITV News** (S)
11.15 PM **to 1.30** AM **(GMT)** **FILM** **Fast & Furious 9** Action thriller sequel starring Vin Diesel and Michelle Rodriguez. (S)(AD) (2021, 12, 135min) ★★★
2.30 AM **(BST) Teleshopping**
4.00 **Devil in Disguise: John Wayne Gacy** 8/8. (S1) (S)(SL)(R)(AD)
5.00 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **The King of Queens** 7-9/25. Triple bill. (S4) (S)(R)(AD)
7.15 **Everybody Loves Raymond** 15-17/23. (S8) (S)(R)(AD)
8.30 **Frasier** 8-10 /24. (S7) (S)(R)(AD)
10.00 **The Simpsons** (S)(R)(AD)
11.00 **F1: Japanese Grand Prix Qualifying Highlights** Action from the third round of the season held at Suzuka Circuit. (S)
12.30 PM **The Simpsons** (S)(R)(AD)
1.30 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.10 **FILM PREMIERE** **Togo** Fact-based adventure starring Willem Dafoe. The true story of a sled dog who led a relay to transport diptheria medication across Alaska in 1925, despite being seen as small and weak. (S)(AD) (2019, 15, 130min) ★★★★ *See review, page 25.*

9.20 Bill Bailey's Vietnam

6.20 **News** (S)
6.50 **Britain's Most Luxurious Train Journeys** 1/4. A guide to luxury train rides across Britain, beginning with the steam-hauled Saphos train on the Devonshire coast, where a special anniversary is being planned. (S)(R)(AD)

7.50 **NEW** **Chernobyl: 48 Hours To Escape** Documentary following the first 48 hours following the explosion at the nuclear power plant, charting the safety test that led to the disaster, the heroic efforts to prevent a second even worse explosion, and the evacuation of 50,000 people from the nearby city of Pripyat. Featuring contributions from first-hand witnesses, including the chief operator and medical personnel, historians and professors of radiochemistry. (S)(AD)

9.20 **Bill Bailey's Vietnam** New edition Bill arrives in the mountains surrounding Sa Pa, where he goes hunting for herbs and finds the peace he's been seeking in a tiny wood barrel bath. (S)(AD)

10.20 **FILM** **Moonfall** Sci-fi thriller with Patrick Wilson and Halle Berry. A mysterious force knocks the Moon from its orbit and two astronauts join forces to avert catastrophe. (S)(AD) (2022, 12, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 **to 2.30** AM **(GMT)** **FILM** **Barbarian** Horror thriller starring Georgina Campbell and Justin Long. (S) (2022, 18, 105min) ★★★★
3.30 **(BST) Ramsay's Hotel Hell** From Loudonville, Ohio. (S)(SL)(R)(AD)
4.20 **Find It, Fix It, Flog It** (S)(R)
4.40 **to 6.00** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

6 PM
7 PM
8 PM
9 PM
10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.30 **Entertainment News** (S)
9.40 **Susan Calman's Grand Day Out** From Devon. (S)(R)
10.25 **Ben Fogle: New Lives in the Wild** Double bill. (S)(R)
12.25 PM **Dogs Behaving (Very) Badly** Double bill. (S)(R)
2.25 **Catching Up with the Royals with Rev Richard Coles & Emily Andrews** New edition (S)
3.25 **The Yorkshire Vet** A farmer's favourite calf struggles with a suspected hernia. (S)(R)(AD)
4.25 **Beyond the Yorkshire Farm: Reuben & Clive** The father-and-son duo face a challenging winter season. (S)(R)
5.25 Sarah and Reuben clear out an old sheep shed for a neighbour and friend. (S)(R)

9.20 The Windsor Castle Fire

6.25 **News** (S)

6.30 **Birds of a Feather: 30 Years of Laughs**
A celebration of the sitcom, revisiting the most memorable moments, taking a look behind the scenes and featuring insight from stars including Lesley Joseph and Linda Robson. (S)(R)

7.50 **Lip-Reading the Royals: What Are They Really Saying?**
Experts suggest what members of the Royal Family are saying when they think nobody is listening, including whispered exchanges caught at weddings, funerals and state occasions. (S)(R)

9.20 NEW **The Windsor Castle Fire: Minute by Minute**
A look at the fire that broke out in November 1992, telling the story of how the castle was nearly lost through the recollections of those who were there and archive footage. (S)

10.50 **1988: Most Shocking Moments**
Jan Leeming narrates a look at scandals and surprises in TV, film, music and politics in 1988, including Salman Rushdie's book *The Satanic Verses* igniting a literary and religious firestorm. (S)(R)

12.45 **to 1.00** AM **(GMT) Entertainment News** (S)
2.00 **(BST) Teleshopping** (S)(R)
3.30 **The Chernobyl Disaster: Fallout**
4.15 **Friends** (S4) (S)(R)(AD)
4.40 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Highway Patrol** (S)(R)
6.30 **Hawaii Five-0** (S1) (S)(R)
8.30 **F1: Japanese Grand Prix Qualifying Session**
10.30 **Ted's Notebook** (R)
11.00 **F1: Japanese Grand Prix Qualifying Session** Highlights of the third round of the season, held at Suzuka Circuit. (R)
12.00 NOON **The Simpsons** (S)(R)
2.00 PM **Gillette Labs Soccer Saturday** Reports on today's football across the country.
5.30 **The Simpsons** *Three Men and a Comic Book:* Bart, Milhouse and Martin club together to buy a rare comic. (S)(R)
5.55 **Rob & Romesh vs Shakespeare** The duo perform in *Romeo and Juliet* at Shakespeare's Globe. (S)(R)(AD)

7.50 Raiders of the Lost Ark

6.50 **F1: Japanese Grand Prix Qualifying Highlights**
Highlights of the battle for grid positions for the third round of the season, held at Suzuka Circuit. (R)

7.50 FILM **Raiders of the Lost Ark**
Steven Spielberg's action adventure starring Harrison Ford. Returning from a hair-raising adventure in the jungles of South America in 1936, buccaneering archaeologist Indiana Jones learns that Nazi treasure hunters in Egypt are hot on the trail of the lost Ark of the Covenant. With Karen Allen, Ronald Lacey and Paul Freeman. (S) (1981, PG, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.00 **Saturday Night Live UK** New edition 2/6. Actor Jamie Dornan hosts the comedy sketch and variety show, with live music from rock band Wolf Alice.

11.15 **Ricky Gervais: Fame**
Highlights of the comedian's stand-up show. (S)(R)
12.45 **to 1.45** AM **(GMT) The Dyers' Caravan Park** 6/6. Danny and Dani reflect on their first season at the park. (S)(R)
2.45 **(BST) The Force: Manchester**
A traffic officer gets more than he bargained for when he pulls over a man for not wearing a seatbelt. (S)(R)
3.45 **to 6.00** AM **Road Wars** (S)(R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
3.45pm Trace, Track, Get My Car Back (S)(R) **4.15-4.25** BBC News (S) **4.30** LIVE International Football (S) **7.20** Gladiators Series finale (S) (AD) **8.20-9.20** Michael McIntyre's The Wheel (S) (R) **10.30** NEW Big Night of Musicals by the National Lottery (S) **12.05-1.25am (GMT)** FILM The Shallows (S) (2016, 15, 80min) ★★★★ **2.25am (BST)** The Claudia Winkleman Show (S)(R) **3.10** Weather for the Week Ahead (S) **3.15-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.15** Priodas Pum Mil **11.15** Cartrefi Cymru **11.45** Cefn Gwlad (AD) **12.15pm** Ceffylau, Sheikhs a Chowbois **12.45** Cyfrinachau'r Llyfrgell **1.45** Taith Bywyd (AD) **2.45** Hen Dy Newydd (AD) **3.45** Llond Bol O Japan **4.45** Y Cyfweliad **5.20** Iaith ar Daith (AD) **6.20** Cynefin **7.15** Newyddion a Chwaraeon **7.30** Gwlad y Basg: Gwilym Bowen Rhys **8.00** Noson Lawen New edition **9.00** Llond Bol O Japan **10.00** Elis James: Cic Lan Yr Archif **10.30-11.35pm** Der' Dramor 'Da Fi! (AD)

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Hide:* 10/16. Clara and the Doctor investigate a haunted house mystery. Guest stars Jessica Raine and Dougray Scott. **7.45** *Journey to the Centre of the Tardis:* 11/16. Clara becomes trapped in the malfunctioning Tardis. (S7)
8.30 **Ghosts** 5/7. The spirits make a surprising new friend. **9.00** 6/7. Alison and Mike get some exciting news. (S4)
9.30 **Mrs Brown's Boys** 1/4. Agnes is down in the dumps as the house is a mess. **10.00** 2/4. Agnes tries out speed-dating. (S4)
10.30 **The Young Offenders** 1/6. Best friends Conor and Jock strike up friendships with the headmaster's daughters. **11.05** 2-4/6. Triple bill. (S1)
12.40 **to 1.10** AM **(GMT) The Young Offenders** 5/6. (S1)
2.10 **(BST) The Young Offenders** 6/6. (S1)
2.45 **The Young Offenders Christmas Special 2018**
3.20 **to 4.05** AM **The Trials of Pa Salieu**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.30 **A Place in the Sun**
3.40 PM **Come Dine with Me** Five editions of the culinary contest from Cardiff.
6.25 **Four in a Bed** The week's competition kicks off at the Oaks Luxury Lodges in County Londonderry. **6.55** The second visit is to Pine Tree Hollow Glamping in Leitrim, Co Down. **7.25** The week's third visit is to Ness Wood Glamping site in Co Londonderry.
7.55 **Four in a Bed** The final visit is to Dulrush Fishing Lodge in Co Fermanagh. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E**
A 74-year-old man is brought in after falling down the stairs, a 70-year-old builder displays symptoms of a stroke, and a two-year-old is treated for a cut on his forehead.
10.00 **24 Hours in A&E**
An 86-year-old woman is found to have lost five pints of blood after collapsing at home, while appendicitis is suspected when a 75-year-old man is rushed in with abdominal pain.
11.05 PM **to 1.10** AM **(GMT) Emergency Helicopter Medics** Double bill.
2.10 AM **(BST) 24 Hours in A&E**
3.15 **to 3.50** AM **Strangers on a Plane**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **The Good Old Days** With Roy Castle, Eartha Kitt, Barry Kent and The Halfwits.
7.45 **Hetty Wainthropp Investigates** *All Stitched Up:* Hetty goes undercover to expose an arsonist.
8.35 **Angela Rippon: Portrait** The broadcaster sits for artist Paul Wyeth.
9.00 NEW SERIES **Hidden Assets** 1/6. Return of the drama starring Nora-Jane Noone. *See feature, page 11.* **9.50** New episode 2/6. Claire questions Alice. Partly subtitled. (S3)
■ Entire series on BBC iPlayer
10.40 **Parkinson** With Gillian Anderson, Paul O'Grady and Paul Whitehouse.
11.35 **Keeping Up Appearances**
12.05 AM **Sorry!** Timothy decides it's time to leave home.
12.40 **to 1.30** AM **(GMT) Hetty Wainthropp Investigates**
2.30 **(BST) Angela Rippon: Portrait** As 8.35pm.
2.55 **to 4.00** AM **Imagine: Rose Wylie – This Rose Is Blooming**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Lego Masters Australia**
7.25 **Rude(ish) Tube Shorts**
7.35 **The Amazing Race Australia** Reality series.
9.05 **Made in Chelsea**
10.05 **Ramsay's Kitchen Nightmares USA**
11.00 **Married at First Sight Australia** Double bill.
2.20 PM **The Great Celebrity Bake Off for Stand Up to Cancer** With Joe Wilkinson.
3.40 FILM **Toy Story** Animated family adventure. (1995, PG, 77min) ★★★★★
5.10 **The Simpsons** Triple bill.
6.45 FILM **Jumanji: The Next Level** Fantasy adventure sequel, starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *Love Island, The Nevermets* and *The Yorkshire Vet.*
10.05 **Gogglebox** Opinions on *Stranger Things, Strictly Come Dancing, Celebrity Scam Interceptors, Malice* and *Songs of Praise.*
11.05 **Gogglebox**
12.10 **to 1.15** AM **(GMT) First Dates** Dating show.
2.15 **(BST) First Dates**
3.20 **Gogglebox**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
8.00 **Brit Cops: Rapid Response**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **Caught Red Handed**
2.00 PM **Police 24/7** A look at items that officers have found while searching suspects.
3.00 Following officers dealing with firearms.
4.00 How officers deal with the growing problem of illegal substances on the streets.
5.00 **Nothing to Declare**

10.00 Elsbeth

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

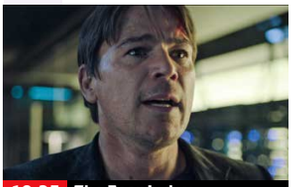
10 PM
10.00 Elsbeth *Artificial Genius:* 8/10. The CEO of a crime alert app kills someone and uses her tech to hide her crimes. (S1)
11.00 **Law & Order: SVU** (S26)
12.00 M'T **to 1.00** AM **(GMT) The Equalizer** 2/18. (S2)
2.00 AM **(BST) Chicago Fire** (S12)
3.00 **Watson** New episode (S2)
4.00 **The Good Doctor** 18/18. (S5)
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **House of the Dragon** (S1)
1.15 PM **House of the Dragon** 5/10. Alicent seeks the truth about the princess.
2.30 6/10. Daemon and Laena consider an offer.
3.55 7/10. King Viserys calls for an end to infighting between the Great Houses.
5.10 8/10. Rhaenyra tries to strike a bargain with Rhaenys.
6.30 9/10. Alicent enlists help to track down Aegon. (S1)



10.25 The Fear Index

7.45 House of the Dragon *The Black Queen:* 10/10. While mourning a loss, Rhaenyra tries desperately to hold the realm together and Daemon prepares for war. (S1)

9.00 I Hate Suzie 7/8. Naomi and Suzie attend visionary director Hal Holloway's press night.
9.40 8/8. Suzie decides to take control of her life by becoming the narrator of her own story. (S1)
10.25 The Fear Index 3/4. Alex heads to his therapist, terrified that he may be losing his mind. (S1)
11.20 The Fear Index 4/4. VIXAL-4 exceeds its programming limits. Stars Josh Hartnett. (S1)
12.15 **to 1.25** AM **(GMT) Succession**
2.25 **(BST) Succession** (S4)
3.30 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.30 **The Only Way Is Essex**
11.25 **Deal or No Deal**
2.20 PM **Britain's Got Talent**
3.40 **Celebrity Catchphrase**
4.40 **FILM The Super Mario Bros Movie** Animated adventure based on the computer game series, with the voices of Chris Pratt and Anya Taylor-Joy. Plumbers Mario and Luigi are transported down a mysterious pipe into a magical land. (2022, PG, 92min) ★★★

9.00 Meet the Fockers

6.25 FILM Stardust Fairytale comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM Meet the Fockers Comedy sequel starring Robert De Niro and Ben Stiller. A male nurse undergoes a weekend of embarrassment when he travels to Florida to introduce his prospective in-laws to his parents. With Dustin Hoffman and Barbra Streisand. (2004, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Family Guy** 3/22. (S23&20)
12.50 **to 1.20** AM **(GMT) American Dad!** 22/22. (S20)
2.20 **(BST) American Dad!**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** Double bill. (S3)
8.10 **Lewis** *The Gift of Promise.*
10.05 **Agatha Christie's Marple**
12.05 PM **Rosemary & Thyme**
2.10 **Midsomer Murders** *Hidden Depths:* Barnaby and Scott investigate the apparent suicide of a solicitor.
4.05 *Sauce for the Goose:* The naked body of a business executive is found dumped in a rival's factory machine.
6.00 *Midsomer Rhapsody:* A priceless music manuscript holds the key to a murder.

10.00 Vera

Midsomer Murders (started at 6.00pm)

8.00 Midsomer Murders *The House in the Woods:* Barnaby investigates the case of a house-hunting couple who were found dead shortly after viewing a supposedly haunted cottage. Guest stars George Baker.

10.00 Vera *Parent Not Expected:* The DCI must unravel a tangled web of deceit between two wildly different families when a young man's body is washed up on the shore of a salmon farm.
11.50 PM **to 1.05** AM **(GMT) Wycliffe** 5/8. (S3)
2.05 **to 2.30** AM **(BST) Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **The Big Match Revisited**
8.25 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **Cadfael**
1.10 PM **Made in Britain**
1.40 **Sharpe**
3.55 **The Motorbike Show**
4.55 **River Monsters** Jeremy Wade heads to the rivers of India's Himalayan region to investigate attacks by a type of catfish.
5.30 **The Best of the 80s** Sports action from the 1980s.

10.00 Moonraker

5.45 LIVE Gallagher PREM Rugby Saracens v Northampton Saints: All the action from Tottenham Hotspur Stadium. Kick-off is at 6.00.
8.15 Football League Legends
8.25 River Monsters Jeremy visits Florida to investigate tales of fatal attacks.

9.00 English Football League Highlights Action from the latest EFL matches. Huddersfield Town v Cardiff City in League One.

10.00 FILM Moonraker Spy adventure starring Roger Moore. James Bond looks into the disappearance of a space shuttle. (1979, PG, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.25 **to 1.30** AM **(GMT) Minder**
2.30 **(BST) Two and a Half Men**
2.55 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Entertainment Mix** Culture and arts news.
7.45 **Mackintosh's Tea Room** Cameras follow Celia Sinclair as she attempts to rescue Glasgow's old Willow Tea Rooms, one of the earlier works of architect Charles Rennie Mackintosh.
8.45 **Hercules the Bear: A Love Story** The story of a Scottish couple who raised a nine-month-old grizzly bear.
9.45 **Confessions of a Teenage Fraudster** 1/3. A 16-year-old call centre worker who embarked on a five-year crime wave.
10.30 2/3. How Elliot Castro continued to live life on the run.
11.15 PM **to 12.00** M'T 3/3. Elliot faces deportation to the UK.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 4/8. (S1)
8.25 **Will & Grace** (S5)
11.00 **Based on a True Story**
4.00 PM **Community** (S2&3)
6.30 **The Office (US)** 14/28. Stanley suffers a heart attack during a fire drill.
7.00 15/28. Michael stages a no-holds-barred roast of himself.
7.30 16/28. Michael and Pam go to Nashua to get closure from Holly.
8.00 17/28. Dwight and Jim do their best to make up for not remembering Kelly's birthday.
8.30 18/28. Dwight and Kevin find women at the Lonely Hearts party. (S5)
9.00 **Sarah Silverman: Someone You Love**
10.15 **Kevin Hart: Reality Check** Stand-up show.
11.30 **Saturday Night Live UK** Jamie Dornan hosts.
12.45 **to 1.15** AM **(GMT) American Auto** (S1)
2.15 **(BST) American Auto**
3.15 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Len Phillips Swing Orchestra's 100 Years of Big Bands**
8.35 **Tales of the Unexpected**
10.45 **Alfred Hitchcock Hour**
12.45 PM **FILM Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
3.30 **California Dreamin': The Songs of the Mamas and the Papas**
4.50 **Agatha Christie's Pale Horse** Mystery.
6.50 **Bee Gees: One Night Only** From 1997.
9.00 **FILM The Good, the Bad and the Ugly** Western. (1966, 15, 155min) ★★★★★
12.20 **to 2.05** AM **(GMT) Angelheaded Hipster: The Songs of Marc Bolan & T. Rex**
3.05 **(BST) Greatest Albums Live** Featuring ABC.
4.05 **Discovering**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed** Triple bill.
4.00 **Monkey Life** Double bill.
5.00 **Gangs of Baboon Falls**
6.00 **Africa's Wild Horizons**
7.00 **Pride Rules**
8.00 **Caught on Dashcam**
9.00 **FILM Blacklight** Action thriller starring Liam Neeson, Aidan Quinn and Taylor John Smith. (2022, 15, 104min) ★★
11.00 **Caught on Dashcam**
12.00 M'T **to 1.00** AM **(GMT) Caught on Dashcam**
2.00 AM **(BST) Killer in My Village** The murder of Kelly Anne Bates.
3.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **The Floor** Game show hosted by Rob Brydon.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Ozzy tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** The Hinds family from London and the Woolliscrofts from Manchester compete.
10.00 **Tipping Point** Double bill of the arcade-themed game show hosted by Ben Shephard.
12.00 M'T **to 1.00** AM **(GMT) Tipping Point**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **George Clarke's Building Home**
3.00 **Location, Location, Location** West London.
4.00 **A Place in the Sun: What Happened Next?**
6.00 **A Place in the Sun**
8.00 **Help! I Bought It at Auction with Sarah Beeny** The experiences of people who have bought homes at auction.
9.00 **A Woman of Substance** 5/8. Emma is forced to choose between love and revenge.
10.00 6/8. Emma's obsession with work and revenge brings danger to her door. (S1)
11.05 **24 Hours in A&E**
12.05 **to 1.05** AM **(GMT) Gogglebox**
2.05 **(BST) FILM The French Dispatch** Wes Anderson's anthology drama. (2021, 15, 108min) ★★★★★
4.15 **to 4.45** AM **Travel Man: 48 Hours in Lanzarote**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **2.00** PM 2/26. Alien ambassadors cause chaos. **3.00** 3/26. Geordi tries to rescue his mother. (S7)
4.00 **Star Trek: Voyager** 2/26. Tuvok is struck by an illness. **5.00** 3/26. Kim and Paris are accused of terrorism. **6.00** 4/26. The crew prepare for a dangerous journey. (S3)

7.00 Star Trek: Voyager

7.00 Star Trek: Voyager *False Profits:* 5/26. The crew pick up two Ferengi marooned close to an unstable wormhole.

8.00 Star Trek: Voyager *Remember:* 6/26. B'Elanna experiences visions involving forbidden love and betrayal. (S3)

9.00 The Walking Dead *Days Gone Bye:* 1/6. First episode of the post-apocalyptic drama. County sheriff Rick Grimes wakes from a coma to find the world has been ravaged by an epidemic of zombies.

10.20 The Walking Dead *Guts:* 2/6. Rick is led to another group of survivors, and Lori grows closer to Shane. (S1)

11.20 The Walking Dead 3/6. Rick embarks on a perilous rescue mission. (S1)
12.20 to 1.00 AM **(GMT) Grimm** 1/22. First episode of the fantasy crime drama. (S1)
2.00 to 6.00 (BST) AM **Grimm**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S11)
10.00 **Miss Scarlet and the Duke**
12.00 NOON **Inspector George Gently** Mystery drama.
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Last Tango in Kembleford:* The atmosphere at a local dance school leads to a dance with death.
6.00 Shakespeare & Hathaway: Private Investigators 3/10. Frank and Lu help allotment holders who are being threatened with eviction. (S3)

11.00 Mudtown

7.00 Shakespeare & Hathaway: Private Investigators 4/10. A woman suspects her sisters of murder. (S3)

8.00 Father Brown *The Company of Men:* Father Brown helps out a friend at an exclusive gentlemen's club.

9.00 Death in Paradise *Steamy Confessions:* 2/9. The team are baffled when an archaeologist is poisoned. (S10)

10.00 Father Brown *The Father, The Son:* Flambeau is stunned to find his estranged father at St Mary's.
11.00 Mudtown 6/6. (S1)
12.00 M'T **to 1.00** AM **(GMT) Father Brown** *The Quill of Osric:* A novelist is attacked at a crime-writing festival.
2.00 AM **(BST) Father Brown**
3.00 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Wallace & Gromit: The Wrong Trousers**
7.40 Only Fools and Horses
1.10 PM **Only Fools and Horses** Six episodes, including at: **3.25** An audition gives Raquel the chance of a lifetime. **4.35** Del becomes a showbiz entrepreneur after discovering a Tom Jones-style singer. **5.40** Del is invited to a school reunion at the Nag's Head. **6.50** Uncle Albert falls victim to muggers, so Del takes the law into his own hands.

9.00 Gavin & Stacey

7.55 Only Fools and Horses Rodney and Albert begin to worry the flat will get overcrowded as the birth of Del Jr approaches.

9.00 Gavin & Stacey The couple announce their engagement. **9.40** Pete and Dawn prepare to renew their wedding vows.

10.20 Only Fools and Horses Del becomes a yuppie, and Rodney begins a computer course.

11.25 Only Fools and Horses Del faces an explosive situation.
12.30 to 1.40 AM **(GMT) Only Fools and Horses** A retired jeweller offers Del Boy the deal of a lifetime.
2.40 to 4.00 AM **(BST) Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Hairy Bikers' Best of British** Si King and Dave Myers forage for food.
8.20 Would I Lie to You?
12.20 PM **Would I Lie to You?** Ten editions, including at: **5.00** With Stephen Bailey, Asim Chaudhry, Gemma Collins and Sally Lindsay. **5.40** With Tom Allen, Sarah Greene, Ugo Monye and Morgana Robinson. **6.20** Rob Brydon introduces unseen material from the comedy panel show.

7.00 Would I Lie to You?

7.00 Would I Lie to You? With Dara O Briain, Denise Van Outen, Rhod Gilbert and Vernon Kay. **7.40** With Charles Dance, Stephen Mangan, Isy Suttie and Gok Wan. **8.20** With Joan Bakewell, Jason Manford, Warwick Davis and Paul Hollywood.

9.00 Red Dwarf The crew answer a distress call from a trio of attractive women. **9.40** The crew members plug themselves into a computer game to play in a virtual world. **10.20** The crew wake up to find their memories have been erased.

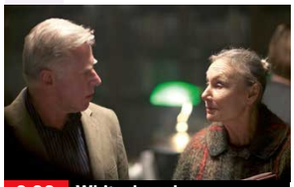
11.00 QI XL With Jordan Gray, Jason Manford and Sara Pascoe.
12.00 M'T **to 1.00** AM **(GMT) Have I Got a Bit More News for You** Hosted by Richard Ayoade.
2.00 AM **(BST) Would I Lie to You?**
2.40 to 4.00 AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
9.00 **Lovejoy** Triple bill.
12.15 PM **Father Brown**
1.15 **New Tricks** Double bill.
3.55 **Jonathan Creek**
5.00 **The Marlow Murder Club** *Murder in the Dark – Part One:* 3/6. Becks finds herself on the wrong side of an investigation when a man is killed at her university reunion. **6.00** *Murder in the Dark – Part Two:* 4/6. Judith and Suzie work alongside the police to find the killer. (S3)



9.00 Whitechapel

7.00 The Brokenwood Mysteries *Motorcycle Mamas:* 6/6. An motorcycle club visits for the wedding of one of its members, but a murder casts suspicion among its ranks and throws the town into chaos. (S9)

9.00 Whitechapel 1/6. Chandler investigates two executions that seem to have been carried out by a witch hunter. (S4)

10.00 The Inspector Lynley Mysteries *The Seed of Cunning:* A doorkeeper at the House of Lords is found murdered. (S4)
12.00 M'T **to 1.00** AM **(GMT) New Tricks** *Old Fossils:* The team reopen the case of a palaeontologist's murder.
2.00 AM **(BST) Sister Boniface Mysteries** 5/10. (S1)
3.00 to 4.00 AM **Queens of Mystery**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops**
9.20 **Blue Bloods** (S8)
2.00 PM **NCIS: Los Angeles** Seven episodes of the drama, including at: **7.00** *Lone Wolf:* 6/24. An ex-navy intelligence officer is murdered. **8.00** *Honor:* 7/24. The team try to clear the name of a marine. (S3)
9.00 Instinct *Trust Issues:* 10/11. Lizzie learns some startling revelations about Julian's past. (S2)
10.00 Law & Order: Special Victims Unit *Intersection:* 13/22. Fin gives Detective Bruno a tour of Manhattan SVU. (S24)
10.55 Law & Order: Special Victims Unit (S24)
12.50 to 1.45 AM **(GMT) Law & Order: Special Victims Unit** 2/22. (S24)
2.45 (BST) Law & Order: Criminal Intent (S6)
4.30 to 4.55 AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

7.55 AM **Entertainment News**
8.05 **Friends** 1-4/24. (S1)
10.00 Dogs Behaving (Very) Badly Double bill.
12.00 NOON **Nightmare Tenants, Slum Landlords** Four editions.
4.00 PM **Car Pound Cops** Five editions of the series, including at: **8.00** A team crack down on Blue Badge fraud.
9.00 Power: The Downfall of Huw Edwards Fact-based drama starring Martin Clunes as the former newsreader.
11.00 NEW The Crossbow Murders: The Crime That Shocked Britain
12.15 to 1.05 AM **(GMT) The Butcher: Hidden in My House**
2.05 (BST) Murder Scene: The Incident Room
3.05 Murdered at First Sight
3.50 Car Pound Cops
4.15 to 5.00 AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Police Interceptors**
11.05 Motorway Cops: Catching Britain's Speeders Five editions of the series, including at: **3.05** PM Officers pursue – by car and helicopter – a group riding off-road.
4.05 FILM Gunfight at the OK Corral Classic Western starring Burt Lancaster. (1956, PG, 122min) ★★★★
6.50 FILM The Kentuckian Western drama starring Burt Lancaster and Dianne Foster. (1955, PG, 104min) ★★★
9.00 FILM Den of Thieves Crime drama starring Gerard Butler and Jordan Bridges. (2018, 15, 137min) ★★★
11.50 The X-Files 11/24. (S1)
12.50 to 1.45 AM **(GMT) The X-Files** 12/24. (S1)
2.45 (BST) The X-Files (S1)
4.30 to 5.00 AM **Winter Road Rescue**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 Nurses on the Ward Amy deals with a serious emergency during a birth. **8.00** Newly-qualified nurses Renee, Caitlin and Military Nurse James cope with the pressures of working for the NHS.
9.00 Louis Theroux: Shooting Joe Exotic Louis revisits his 2011 documentary *America's Most Dangerous Pets*.
11.00 Wagspiracy: Vardy v Rooney The hidden working of the tabloids, PRs and agents connected to the trial.
12.00 M'T **to 1.00** AM **(GMT) Louis Theroux's LA Stories** Documentary.
2.00 to 3.00 AM **(BST) Emma Willis: Delivering Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Restoration Workshop**
12.00 NOON **'Allo 'Allo!**
2.00 PM **Canal Boat Diaries**
4.00 **Dom Chinea's Cornish Workshop**
5.00 **Tropic of Capricorn**
7.00 **David Jason's Great British Inventions**
8.00 Bangers & Cash Jack has his eye on a Peugeot 205 GTI, and Derek collects a pair of sporty 1960s Triumphs. **9.00** Derek and Paul pick up a VW Cabriolet. **10.00** Derek collects a 1988 Opel Manta in the Peak District. **11.00** Derek has a three-hour drive in a 1960s bus that arrived in the UK after a life in the sun.
12.00 M'T **to 1.00** AM **(GMT) Bangers & Cash**
2.00 **to 3.00** AM **(BST) Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Kelly Hoppen.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 Money for Nothing The team restore a pine table and chairs. **7.00** Transforming a Victorian sofa. **8.00** A pair of tired chairs are transformed.
9.00 My Lottery Dream Home Double bill.
10.00 100 Day Dream Home
11.00 Celebrity IOU New edition Actor Allison Janney wants to surprise her assistant.
12.00 M'T **to 1.00** AM **(GMT) Help! My House Is Haunted** Investigating reports of a child spirit.
2.00 AM **(BST) Teleshopping**
4.00 to 6.00 AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** (S1&2)
1.00 PM **Little House on the Prairie** Eight episodes of the series, including at: **7.00** *At the End of the Rainbow:* 10/22. Laura and Jonah think they have found gold. **8.00** *The Gift:* 11/22. Laura's plans for the Rev Alden's birthday present go wrong. (S2)
9.00 **The Ruth Rendell Mysteries** *A Dark Blue Perfume:* A man is haunted by his past. **10.10** *The Orchard Walls:* A teenage evacuee sent to live in the countryside at the height of the Blitz.
11.20 PM **to 1.20** AM **(GMT) Rumpole of the Bailey**
2.20 AM **(BST) Home to Roost** 2/7. (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 **FILM Frenchie** Western. (1950, PG, 80min) ★★
11.50 **FILM Hell Is for Heroes!** Action drama. (1962, b/w, 12, 90min) ★★★
1.50 PM **FILM Showdown** Western adventure. (1972, PG, 99min) ★★
4.05 **FILM Major Dundee** Western adventure. (1964, PG, 117min) ★★★
6.40 **FILM Airport 1975** Disaster movie. (1974, PG, 106min) ★★★
9.00 **FILM The Punisher** Action thriller. (2004, 18, 123min) ★★★
11.30 **The Persuaders!** (S1)
12.30 **to 2.05** AM **(GMT) FILM Super Collider** Thriller. (2013, PG, 90min) ★★
3.05 **FILM (BST) Panhandle** Western drama. (1948, b/w, U, 85min) ★★
4.30 **to 5.40** AM **FILM Four Fast Guns** Western. (1960, b/w, U) ★★

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 **FILM Something New** Drama. (2023, U) ★★
11.25 **FILM Death at the Diner** Crime drama. (2024, PG, 84min) ★★
1.20 PM **FILM Eat, Drink and Be Buried** Thriller. (2017, PG, 83min) ★★
3.15 **The Chronicle Mysteries: Deep End**
5.10 **FILM An Education in Murder** (2020, PG) ★★
7.05 **FILM Killer Timing** Thriller. (2021, U) ★★
9.00 **FILM Garage Sale Mysteries: The Novel Murders** Crime drama. (2016, PG, 84min) ★★
10.55 **FILM Home Again** Drama. (2017, PG) ★★
12.50 **to 2.25** AM **(GMT) FILM The Wedding Stalker** Thriller. (2017, PG) ★★
3.25 **to 5.00** AM **(BST) FILM Eyewitness** Thriller. (2017, PG, 95min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Hometown Holiday** (2017, PG) ★★
10.10 **FILM Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
12.00 NOON **FILM Rome in Love** (2019, PG) ★★
1.55 PM **FILM Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
3.50 **FILM To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
5.50 **FILM Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
7.45 **FILM A Paris Proposal** Comedy. (2023, PG) ★★
9.40 **FILM Christmas Cookies** Drama. (2016, PG) ★★
11.30 PM **to 2.00** AM **(GMT) FILM 12 Toys of Christmas** Comedy. (2025, U, 89min) ★★
3.00 **to 5.00** AM **(BST) FILM Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Becoming Jazzy Whipps**
12.15 PM **Great British Food**
12.45 **This Farming Life**
5.45 **FILM Commandos** World War Two adventure starring Lee Van Cleef. (1968, 18, 112min) ★★
8.00 **FILM Buster** Comedy drama starring Phil Collins as Great Train Robber, Buster Edwards. (1988, 15, 102min) ★★
10.00 **FILM Escort Girls** Drama starring Maria O'Brien and David Dixon. Seven lonely people seek solace in an escort agency on Christmas Eve. (1974, 18, 101min) ★★
12.00 M'T **to 2.00** AM **(GMT) FILM Mary Millington: Confessions from the David Galaxy Affair** Comedy with Alan Lake. (1979, 18, 92min) ★★
3.00 **to 5.00** AM **(BST) My Floating Home**

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **The Gaffer** 3-5/7. (S3)
9.00 **The Dustbinmen**
10.30 **Star Maidens**
12.00 NOON **The Champions**
1.00 PM **Boon** 1/13. (S4)
2.05 **The Prime of Miss Jean Brodie** 7/7. (S1)
3.10 **Space 1999** (S2)
5.20 **The Gaffer** 3-5/7. (S3)
6.50 **Agony** (S3)
8.20 **Boon** 1/13. (S4)
9.25 **Rik Mayall Presents** *Clair De Lune:* 3/3. Thugs target an innocent minicab driver. (S2)
10.30 **FILM Virgin Witch** Fantasy horror. (1972, 18, 85min) ★★
12.15 **to 1.50** AM **(GMT) FILM Vampire Hookers** Horror comedy. (1978, 18, 82min) ★★
2.50 **(BST) Stereo Underground**
3.50 **Rewind Time Machine**
3.55 **Rik Mayall Presents**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive**
9.00 **Paranormal: Caught on Camera** A shadowy figure spies on a paranormal investigator.
10.00 **Kindred Spirits** Paranormal investigators Amy Bruni and Adam Berry help a mother left home alone with two frightened children after terrifying apparitions drove away her family. **11.00** Amy, Adam and psychic medium Chip Coffey help a family who are being haunted by a demented creature.
12.00 M'T **to 1.00** AM **(GMT) Body Bizarre**
2.00 AM **(BST) Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Jamie Oliver: Cooking for Less**
12.00 NOON **Jamie's Comfort Food** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **The Hairy Bikers' Comfort Food**
6.00 **Hairy Bikers Go Local**
7.00 **Man v Food Nation**
8.00 **Adam Richman Eats Britain** Double bill.
9.00 **Diners, Drive-Ins and Dives** New editions Guy Fieri visits Louisiana. **9.30** From Arlington. **10.00** Coffee-dusted venison in Decatur. **10.30** A BBQ pork bao.
11.00 PM **to 1.00** AM **(GMT) Diners, Drive-Ins and Dives** Four editions.
2.00 **to 3.00** AM **(BST) Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Collision Earth** Sci-fi thriller. (2011, 12, 95min) ★★
9.00 **The Invaders** (S2)
2.00 PM **FILM Frankenstein Created Woman** Horror. (1966, 15, 95min) ★★★
3.50 **FILM The Buccaneer** Adventure. (1958, b/w, PG, 121min) ★★★
6.05 **FILM Treasure Island** Adventure with Orson Welles and Kim Burfield. (1971, U, 95min) ★★★
8.00 **The Twilight Zone** (S5)
9.00 **FILM The Last Stand** Action thriller starring Arnold Schwarzenegger and Forest Whitaker. (2012, 15, 107min) ★★★
11.10 PM **to 1.10** AM **(GMT) FILM D-Tox** Thriller with Sylvester Stallone. (2002, 18, 96min) ★★★
2.10 AM **(BST) FILM The Cold Light of Day** Thriller. (2012, 12, 89min) ★★
4.00 **to 5.00** AM **The Twilight Zone**

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **FILM George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
12.00 NOON **FILM The Land That Time Forgot** Thriller. (2009, 12, 90min) ★★
2.00 PM **FILM Doomwatch** Ecological chiller starring Ian Bannen. (1972, 12, 92min) ★★★
4.00 **The Lost World** (S3)
9.00 **FILM The Alamo** Western adventure starring Dennis Quaid and Billy Bob Thornton. (2004, 12, 137min) ★★★
11.40 PM **to 2.00** AM **(GMT) FILM The Fan** Thriller starring Robert De Niro and Wesley Snipes. (1996, 15, 114min) ★★
3.00 AM **FILM (BST) Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Wicked Tuna**
8.20 **Swamp People: Serpent Invasion**
11.10 **Ancient Aliens**
12.05 PM **The Proof Is Out There** Triple bill.
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** Northwest Orient Airlines Flight 305. **7.00** Exploring the secrets of Stonehenge.
8.00 **Forbidden History** How the Nazis indoctrinated and controlled the will of German people at large.
9.00 **Holy Marvels with Dennis Quaid** Beliefs surrounding the afterlife.
10.00 **Celts: The Untold Story** The mysteries and myths of the Celts.
11.00 PM **to 1.00** AM **(GMT) The UnXplained with William Shatner**
2.00 AM **(BST) National Park Mysteries**
3.00 **to 6.00** AM **Alien Files: Unsealed**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **6.00** *Hit, Run and Homicide:* Jessica helps an eccentric neighbour.
7.00 **Abandoned Engineering**
8.00 **Battle Front: WWII Road to Victory** How fighting erupted in the Gilbert Islands in November 1943. **8.30** The battle in the Italian town of Anzio.
9.00 **Hitler: Germany's Fatal Attraction** Exploring the gradual rise of Hitler. **10.00** How the Wall Street crash boosted the Nazis' popularity. **11.00** How Hitler's popularity began to take a downward spiral.
12.00 M'T **to 1.05** AM **(GMT) Wentworth Prison** (S4)
2.05 AM **(BST) Wentworth Prison** 12/12. (S4)
3.10 **to 5.00** AM **Wentworth Prison**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable** Quiz show.
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Hannah Mills, Chris Ramsey, Lesley Garrett and Dion Dublin compete for charity. **6.00** With Patrick Baladi, Vicky Williamson, John Craven and Kevin Eldon.
7.00 **The Chase** Double bill.
9.00 **The Celebrity Chase** With Meera Syal, David Emanuel, Kyran Bracken and Johnny Vegas.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 PM **to 1.00** AM **(GMT) Bullseye** Four editions.
2.00 AM **(BST) The Chase**
5.00 **to 6.00** AM **The Chase Celebrity Special**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** Sixteen episodes, including at: **8.00** 11/24. The gang reflect on how Sheldon has changed their lives. **8.30** 12/24. Penny has to make an important decision. (S7)
9.00 **Mock the Week** With Rhys James, Scott Bennett, Sara Pascoe and Katherine Ryan.
10.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel with Eddie Murphy and Judge Reinhold. (1994, 15, 104min) ★★
12.00 M'T **to 1.00** AM **(GMT) Young Sheldon**
2.00 AM **(BST) My 600lb Life** Double bill.
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** (S7&8)
8.00 PM **Friends** 17/24. Rachel tries to repair her friendship with Joey. **8.30** 18/24. Monica is upstaged by Ross while giving the toast at their parents' 35th wedding anniversary party. (S8)
9.00 **FILM True Lies** Action comedy starring Arnold Schwarzenegger and Jamie Lee Curtis. (1994, 15, 141min) ★★★★
11.45 PM **to 1.25** AM **(GMT) 8 Out of 10 Cats Uncut**
2.25 AM **(BST) Whose Line Is It Anyway? USA**
2.55 **Kevin Hart: Comedy Central Live** Stand-up.
3.20 **Fat Chat with Desiree Burch** With David Jordan.
3.30 **Jimmy Carr's Am I the A**hole?**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Friends** 13-16/24. (S8)
11.00 **Michael McIntyre's Big Show** As 8.00pm.
12.00 NOON **Everybody Loves Raymond** (S7&8)
7.00 PM **Everybody Loves Raymond** 6/23. Amy's brother pays a visit. **7.30** 7/23. Debra and Ray start telling lies. (S8)
8.00 **Michael McIntyre's Big Show** With Tinie Tempah, Michael Ball and Geri Horner.
9.00 **Friends** 17/24. Joey tries to avoid Rachel. **9.30** 18/24. Monica is upstaged by Ross. (S8)
10.00 PM **to 1.00** AM **(GMT) Friends** 19-24/24. (S8)
2.00 AM **(BST) Friends** (S9)
3.00 **South Park** (S16)
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.10 **Whatever Happened to the Likely Lads?** (S1)
9.30 **You Rang, M'Lord?**
10.35 **Some Mothers Do 'Ave 'Em** 1-3/6. (S3)
12.40 PM **Rising Damp** (S1)
4.15 **Steptoe and Son** (S3)
6.55 **Minder** Double bill. (S1)
9.00 **Benidorm** 2/9. Kenneth inadvertently starts up a mini-cab business. (S9)
9.55 **Shameless** 12/16. Ian finds out Liam has been skipping school. (S6)
10.55 **Man About the House**
11.25 **Rising Damp** 1/7. (S1)
12.00 M'T **Benidorm** 2/9. (S9)
12.55 **to 2.00** AM **(GMT) Minder** 3/13. (S3)
3.00 **(BST) Man About the House** 3/6. (S4)
3.25 **Duty Free** 1/7. (S1)
3.50 **That's 60s**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Ravenglass & Eskdale Rail**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Teen Mom 3**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: The Dramatic**
5.00 **Catfish: The TV Show**
6.00 **Catfish: Repeat Offenders** Reality series.
7.00 **Catfish: The TV Show**
9.00 **Teen Mom UK** Sassi dreams of her future without Darren. **10.00** Amber's issues with Ste start to mount. **11.00** Chloe is in a celebratory mood. **12.00** M'T **to 1.00** AM **(GMT)** Amber and Ste have a final showdown.
2.00 AM **(BST) Ink Master: Angels** Double bill.
3.40 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **The Last Woodsmen** Triple bill, including at: **2.00** PM Jared has to make a decision on whether or not to end the season early.
3.00 **Gold Rush: Mine Rescue with Freddy & Juan** The fate of a rookie mountain miner lies in the balance. **4.00** Freddy and Juan face an Arizona Desert gold mine. **5.00** Freddy and Juan rescue a British Columbia miner.
6.00 **Gold Rush** Tony brings in his brother to mine more gold.

12.00 The Last Woodsmen

7.00 **Filthy Fortunes** Matt Paxton and the team tackle a hoard packed with vintage toys and hidden guns.
8.00 **Maine Cabin Masters** With a $40,000 budget, Chase Morrill and his team take on a dated cabin in Belgrade Lakes.
9.00 **Ed Stafford's Rite of Passage** Ed has just a few days to learn to control his Qi before fighting a martial arts master.
10.00 **Curse of the Bermuda Triangle** The team investigate evidence of an alien encounter in the Bermuda Triangle.
11.00 **Expedition X** Heather investigates the eerie ghost town of Vulture City.
12.00 M'T **to 1.00** AM **(GMT) Moonshiners** Mark and Huck's shine vanishes.
2.00 AM **(BST) Moonshiners**
3.00 **to 5.00** AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that is tearing a couple apart. **4.00** Jackson helps tame an unruly cat in Orange County.
5.00 **Treehouse Masters** Pete takes on a build in Norway.
6.00 **The Gamechangers: Inventing the World** Engineers seeking to revolutionise global transport.

7.00 How Do Animals Do That?

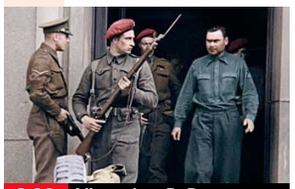
7.00 **How Do Animals Do That?** How cats can detect an earthquake. **7.30** A look at why elephants have trunks.
8.00 **Extinct or Alive** Forrest Galante scours rural Vietnam for one of the last living specimens of the giant softshell turtle.
9.00 **Alaskan Bush People** The Browns try to close a deal to help restore a wind turbine, while Noah gets some bad news.
10.00 **Tanked** NBA star Dwyane Wade asks Wayde and Brett to build him a tank as he prepares to launch a new line of shoes.
11.00 **Alaska: The Last Frontier** The Kilcher family build a shack on Perl Island.
12.00 M'T **to 1.00** AM **(GMT) Edge of Alaska** Bears pose a threat to Jenny and her newborn baby.
2.00 AM **(BST) Expedition Bigfoot**
3.00 **to 5.00** AM **Loch Ness Monster: New Evidence**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Planes that Changed History** The Avro Vulcan.
1.00 PM **Air Crash Investigation**
2.00 **Colosseum: Rise and Fall** Triple bill, including at: **4.00** A look into the story of the empire's collapse.
5.00 **Air Crash Investigation** A plane that nosedived into the runway at Rostov airport. **6.00** Moments after taking off, a turboprop plunges into the North Atlantic.



8.00 Liberation: D-Day to...

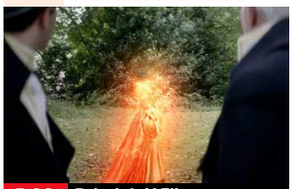
7.00 **World War II: Secrets from Above** The point in the war when the Allies took the beaches of northern France.
8.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe from various perspectives.
9.00 **Liberation: D-Day to Berlin** A look back at how Belgium and the Netherlands were freed from Nazi occupation.
10.00 **Nazi Megastructures** The events of 1944, when the Japanese turned in desperation to killer planes and rocket bombs.
11.00 **Secret History of UFOs** Reported sightings of UFOs across America.
12.00 M'T **to 1.00** AM **(GMT) Air Crash Investigation**
2.00 AM **(BST) UFOs: Investigating the Unknown**
4.00 **to 5.00** AM **Air Crash Investigation**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Ancient Aliens: Origins**
8.00 **Mountain Men**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Six editions.
2.00 PM **Witches of Essex** Triple bill of editions, including at: **4.00** The events of 1645 when women were terrorised with Puritan zeal and torture.
5.00 **Britain's X Files** Tim Tate reveals previously top-secret government investigations into the paranormal.
6.00 **Great British Castle Rescue** A visit to Lowther Castle.



5.00 Britain's X Files

7.00 **Secrets of the Lost Liners** Exploring the fate of the SS *Cap Arcona*, a former luxury ship turned prisoner transport vessel.
8.00 **Secrets of the Lost Liners** The story of SS *America*, which was built in 1940 and served her owners for 55 years.
9.00 **Hitler's Secret Sex Life** The myriad of rumours, theories and historical accounts of Adolf Hitler's sexual psychology.
10.00 **Hitler's Secret Sex Life** Exploring the role sex played in shaping Hitler's behaviour.
11.00 **Secret Sex Lives of Tyrants** Documentary examining the sexual power plays, obsessions and abuses that influenced former President of Cuba, Fidel Castro's reign.
12.00 M'T **to 3.00** AM **(GMT) The UnXplained: Mysteries of the Universe** Triple bill.
4.00 **to 6.00** AM **(BST) Witches of Essex**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Brad Pitt**
7.00 **Discovering: Matt Damon**
8.00 **The Directors**
9.00 **The Loneliest Whale: The Search for 52**
11.00 **I Am Bruce Lee**
1.00 PM **Benetton Formula**
3.00 **Hill** A profile of ex-Formula One driver Damon Hill.
4.50 **My Icon: Pam Cookey**
5.00 **Williams & Mansell: Red 5** Documentary charting the rise of driver Nigel Mansell and the Williams F1 racing team.
6.50 **My Icon: Linford Christie**

9.00 Germanwings

7.00 **Busby** A profile of former Manchester United manager Matt Busby, who transformed football through a career of great talent and tragedy. Featuring previously unseen archive footage and interviews with those who knew the man best.
9.00 **Germanwings: What Happened on Flight 9525?** The circumstances surrounding the crash of an Airbus A320-211 in 2015, which killed 150 people and was found to have been deliberately caused by the co-pilot.
10.50 PM **to 1.10** AM **(GMT) FILM Bowling for Columbine** Michael Moore's documentary exploring America's fascination with guns. (2002, 15, 114min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
2.10 AM **(BST) Forced Out**
4.10 **to 6.00** AM **The Ibiza Affair: Uncovered**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
7.00 **Richard Hammond's Workshop** New staff are thrown in the deep end on a rare Lotus.
8.00 **Shed and Buried: Classic Cars** Henry Cole and Fuzz Townsend head to Bristol to see a 1950 Austin Atlantic.
9.00 **MotoGP** Action from the Grand Prix of the Americas sprint race.
10.00 **The Yorkshire Auction House** Angus helps a roofer-turned-artist to sell his sculptures.
11.00 **Outback Opal Hunters**
12.00 M'T **to 1.00** AM **(GMT) Aussie Gold Hunters: Mine SOS**
2.00 AM **(BST) Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Faking It: Tears of a Crime** Michael Lane.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **The Perfect Murder**
7.00 **The Perfect Murder** The case of real-estate developer Jana Koklich. **8.00** The case of a woman found dead in an Oregon hotel.
9.00 **Inside the Arrest** A plot to kidnap Holly Willoughby is discovered.
10.00 **Killer Confessions: Case Files of a Texas Ranger** New edition Investigators suspect a mother's involvement in the death of her two children.
11.00 **Faking It: Tears of a Crime** Emile Cilliers.
12.00 M'T **to 1.00** AM **(GMT) Victorian Murder Files**
2.00 **to 4.00** AM **(BST) Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** A brutal murder shakes millionaire row in a Texas resort town. **7.00** An 86-year-old woman is stabbed and strangled in her home. **8.00** Days after Christmas 2005, the city of Phoenix is shocked by a drive-by shooting.
9.00 **Murder in Mind** How Rebecca Fenton murdered her husband and staged a break-in. **10.00** James Ray III, a lawyer with a secret past, kills his partner. **11.00** The case of Nasen Saadi, who stabbed two women at Bournemouth beach.
12.00 M'T **to 3.25** AM **(GMT) Judge Judy**
4.25 **to 6.00** AM **(BST) Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Murder by the Sea**
4.00 **Murder in Mind** How Rebecca Fenton murdered her husband and staged a break-in. **5.00** James Ray III, a lawyer with a secret past, kills his partner.
6.00 **Judge Judy** Back-to-back real-life cases, including at: **10.10** An award-winning equine writer denies awareness of a horse slaughter operation and sues for alleged bullying. **10.35** A man claims his eight-year-old son needs a therapy dog.
11.00 PM **to 1.05** AM **(GMT) Judge Judy**
2.05 AM **(BST) Judge Judy**
3.00 **Murder in Mind**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **A1: Britain's Longest Road** Double bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7** Triple bill.
1.00 PM **Forensics: Catching the Killer** Documentary.
2.00 **World's Most Evil Killers**
3.00 **Killer in My Village**
4.55 **Britain's Most Evil Killers** Double bill.
6.45 **Forensics: Catching the Killer** Documentary.
7.40 **The Murderer & Me**
9.00 **Fred West: The Glasgow Girls** 1-3/3. Triple bill. Police attempt to trace the early crimes of Fred West.
12.00 M'T **to 1.00** AM **(GMT) The Real CSI: Miami**
2.00 AM **(BST) How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **Murder Uncut**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Los Angeles: Stories from the City**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Treasures Decoded** Six editions, including at: **5.45** The impact of a massive volcanic eruption on the ancient Egyptian empire. **6.45** The Roman practice of crucifixion.
7.50 **Los Angeles: Stories from the City** 1/2. How LA has transformed from a small lawless cow town into one of the biggest cities on the planet. **8.55** 2/2. The transformation of LA.
10.05 **Massacre in Vietnam: My Lai** Barak Goodman investigates the events in My Lai in March 1968.
12.00 M'T **to 1.00** AM **(GMT) Weathered: Earth's Extremes**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **My Best Friend's an Animal**
- 8.00 **The Wild Wild East**
- 9.00 **The Hungry Games: Alaska Big Bear Challenge**
- 10.00 **Shark Squad**
- 11.00 **Pridelands: Wilderness Reborn**
- 12.00 NOON **Humanlike: The Chimps of Fongoli**
- 1.00 PM **Wolves and Lions: Old Enemies** Documentary.
- 2.00 **Macro Worlds**
- 3.00 **David Attenborough's First Life** Four editions.
- 7.30 **Micro Monsters with David Attenborough** Focusing on courtship in the bug world.
- 8.00 **Pride Rules** The challenges that lions face during the rainy season, when everything turns green and spoils the big cats' camouflage.
- 9.00 **Predators** A pride of lions battle with natural disasters.
- 10.00 **Wild Latin America**
- 12.00 M'T **to 1.00** AM **(GMT) Pride Rules** Documentary.
- 2.00 AM **(BST) Predators**
- 3.00 **Boss Shark** Documentary.
- 4.00 **to 6.00** AM **Life's Journey**

Crime+Investigation

139/140 142 133

- 6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
- 8.55 **Court Cam**
- 3.40 PM **My Strange Arrest**
- 5.00 **Buried in the Backyard**
- 6.00 **Accident, Suicide or Murder?** A wealthy widow's sudden death perplexes investigators. **7.00** A horse groomer's apparent suicide is called into question years later.
- 8.00 **Spring Break Murders** In 1992, three members of the same family were murdered.
- 9.00 **Beyond the Headlines: Black Girl Missing** True stories of women of colour who vanished.
- 10.00 **Ross Kemp: Lost Boys, Deadly Men** The murder of Amie Gray in 2023.
- 11.00 **Predator Files** Double bill.
- 12.00 M'T **to 1.00** AM **(GMT) I Am a Stalker** Documentary.
- 2.00 AM **(BST) Ozark Law**
- 3.00 **Hometown Tragedy**
- 4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 71

- 9.00 AM **Abandoned Engineering**
- 1.00 PM **Abandoned Engineering** Eerie ruins hiding in the forested hills of Arkansas, USA. **2.00** A volcanic island just off Taiwan containing chilling ruins. **3.00** A fairy-tale castle where one of the strangest events of World War Two took place. **4.00** Neglected huts in India, once home to global icons.
- 5.00 **The Two Ronnies** Guest stars singer Elaine Paige. **6.05** Vintage comedy, with music by Elaine Paige. **6.55** Vintage comedy, with sketches including News Items, High Wizard and Tramps. **7.55** Messrs Barker and Corbett have fun in spoof Tinker Tailor Smiley Doyle. **9.00** Guest stars Elaine Paige. **10.05** Vintage comedy with music by Elaine Paige.
- 10.55 PM **to 1.00** AM **(GMT) The Two Ronnies**
- 2.00 **to 6.00** AM **(BST) The Two Ronnies**

+1 hour 266 376

Sky History 2

163/168 143 186

- 6.00 AM **Ancient Aliens**
- 8.00 **Combat Machines**
- 10.00 **Digging for Britain**
- 12.00 NOON **Weird Britain**
- 2.00 PM **Ancient Aliens**
- 4.00 **The Lost Women Spies**
- 5.00 **The Secret Nazi Expeditions**
- 6.00 **WWII's Most Daring Raids**
- 7.00 **Clash of the Gods** Hades, the Greek god of the underworld. **8.00** The story of Zeus, the king of the Greek gods.
- 9.00 **Apocalypse D-Day** 1/2. The story of the key turning point of World War Two.
- 10.10 **WWII Battles in Colour** The Battle of the Bulge, a major German offensive campaign during World War Two, which took place in December 1944 and January 1945.
- 11.10 PM **to 1.10** AM **(GMT) Ancient Aliens** Double bill.
- 2.10 AM **(BST) The Nostradamus Effect** Double bill of editins.
- 4.10 **The Abyss: Rise & Fall of the Nazis** The story of Hitler's 1941 invasion of the Soviet Union.
- 5.00 **to 6.00** AM **Strangest Things**

WILD

165 145 182

- 8.00 AM **Animal Fight Club**
- 9.00 **Critter Fixers: Country Vets**
- 10.00 **Secrets of the Zoo**
- 11.00 **The Incredible Dr Pol**
- 12.00 NOON **Yukon Vet**
- 2.00 PM **Madagascar: A World Apart**
- 3.00 **Ice Road Rescue**
- 5.00 **Snakes in the City**
- 7.00 **Critter Fixers: Country Vets** The vets remove a huge pile of kidney stones from a dog.
- 8.00 **Secrets of the Zoo** Keepers try to find out why a Muntjac deer is suffering from seizures. **9.00** Two Asian small clawed otters show off their x-ray training skills, and a bonobo recovering from a stroke gives the vet team a scare.
- 10.00 **Sharks that Eat Everything** How curiosity leads sharks to eat the most unexpected things.
- 11.00 **Snakes in the City** Simon and Siouxsie wrestle a 12ft mamba out of a drain.
- 12.00 M'T **to 2.00** AM **(GMT) Life Below Zero: First Alaskans**
- 3.00 **to 5.00** AM **(BST) Last of the Giants: Wild Fish**

ID

154 140 166

- 8.00 AM **Betrayed** Double bill.
- 10.00 **Breaking Homicide**
- 11.00 **To Catch a Killer**
- 12.00 NOON **Broken Trust**
- 1.00 PM **Evil Stepmothers**
- 2.00 **Evil Lives Here: Shadows of Death** Double bill.
- 4.00 **Disappeared** Double bill.
- 6.00 **American Monster** A vile secret threatens a family's life. **7.00** The death of Ben Renick.
- 8.00 **Betrayed** The murder of Angela Samota in 1984.
- 9.00 **Married to Evil** When Mandy meets Paul online, he moves to Kentucky so they can marry.
- 10.00 **Who the (Bleep) Did I Marry?** New edition Wendy Mazaros survives sex trafficking and marries her older boss, only to discover he might be a hitman.
- 11.00 **Twisted Love** True-crime.
- 12.00 M'T **to 1.00** AM **(GMT) Toxic**
- 2.00 AM **(BST) Where Murder Lies**
- 3.00 **Still a Mystery**
- 4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Science

167 148 179

- 8.00 AM **The Dino Hunters**
- 10.00 **How It's Made**
- 12.00 NOON **How It's Made: Dream Cars** Four editions.
- 2.00 PM **Alien Highway**
- 4.00 **NASA's Unexplained Files**
- 6.00 **How It's Made** Four editions of the series, including at: **7.00** The development of car headlamps and combs. **7.30** The making of septic tanks and hydroformed chassis pants.
- 8.00 **Alien Highway** A recent UFO sighting in Phoenix. **9.00** The team investigate the story of an alien that had reportedly escaped from Area 51.
- 10.00 **The Alaska Triangle** Attacks by an aggressive spirit at a hotel. **11.00** The mysterious 1918 sinking of the SS *Princess Sophia*.
- 12.00 M'T **to 1.00** AM **(GMT) Expedition Bigfoot**
- 2.00 AM **(BST) Unexplained and Unexplored** Double bill.
- 4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1 hr 267 379

Discovery History

161/172 147 181

- 7.00 AM **Shed and Buried**
- 9.00 **Combat Dealers**
- 12.00 NOON **Shed and Buried**
- 3.00 PM **Salvage Hunters: The Restorers** Triple bill.
- 6.00 **How the Universe Works** A look into the possibility of life on Mars in previous eras. **7.00** Exploring NASA's top six most destructive stars. **8.00** Scientists investigate whether there might be warm liquid water on Pluto.
- 9.00 **The Dino Hunters** The Harris-Bolan clan chase poachers off their land, and Jared makes a final bid to make money. **10.00** In Wyoming, Mike and his team continue excavating their triceratops site. **11.00** Clayton prepares to learn if his carnivore skeleton belongs to a T-Rex or Nanotyrannus.
- 12.00 M'T **to 1.00** AM **(GMT) Legendary Locations** Exploring stories of perseverance.
- 2.00 **to 5.00** AM **(BST) Combat Dealers**

+1 hour 274 381

Discovery Turbo

158 146 180

- 7.00 AM **Kindig Customs**
- 10.00 **Three Men Four Wheels**
- 11.00 **Bad Chad Customs**
- 12.00 NOON **Outback Truckers**
- 5.00 PM **Texas Metal** Double bill.
- 7.00 **Texas Metal** John Cena comes into the shop with 1937 Bugatti Type 57 parts.
- 8.00 **Garage Squad** The team are called in to rescue a 1969 Plymouth Road Runner. **9.00** The team restore a 1965 Mercury Comet. **10.00** A customer calls the team in to restore his mother's 1979 Triumph Spitfire.
- 11.00 **Shed and Buried** Henry and Sam return to Northern Ireland. **11.30** The duo visit the largest sidecar manufacturer in Britain. **12.00** M'T Henry and Sam meet a man who has been collecting cars since 1963. **12.30 to 1.00** AM **(GMT)** The duo visit one of Britain's biggest dealers in milk floats.
- 2.00 **to 4.00** AM **(BST) Kindig Customs**

+1 hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

- 6.25 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
- 7.55 PREMIERE **Hostages** Comedy thriller. (2025, 15, 90min) ★★★ *See review, page 23.*
- 9.40 **Nobody 2** As 6.25pm.
- 11.15 **Superman** As 8.00pm.
- 1.30 PM **One Battle After Another**
- 4.20 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
- 6.25 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★

7.55 Hostages

8.00 Superman Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Nicholas Hoult and Rachel Brosnahan. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 PM **to 1.20** AM **(GMT) One Battle After Another** Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 2.20 AM **(BST) Man Finds Tape** Horror. (2025, 15) ★★★★
- 4.00 **The Cinema List**
- 4.20 **to 6.00** AM **Super Charlie** Animated family adventure. (2025, PG, 82min)

Sky Cinema Fun

303 303 403 503 517

- 7.25 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
- 9.25 **So I Married an Axe Murderer** Comedy. (1993, 15) ★★★
- 11.00 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
- 12.40 PM **Role Models** Comedy. (2008, 15, 99min) ★★★★
- 2.25 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
- 4.25 **Little Fockers** As 11.30pm.
- 6.10 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

6.10 The Hangover

8.00 The Hangover Part II Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's missing brother. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Hangover Part III Dark comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. With Justin Bartha. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.30 PM **to 1.10** AM **(GMT) Little Fockers** Comedy sequel. (2010, 12, 94min) ★★★
- 2.10 AM **(BST) Stuart Little** Children's fantasy adventure. (1999, U, 84min) ★★★★★
- 3.40 **to 6.00** AM **The Natural** Drama with Robert Redford. (1984, PG, 137min) ★★★

Sky Cinema Drama

310 310 410 510 524

- 6.10 AM **Let's Dance** As 4.00am.
- 8.05 **Love Story** As 6.10pm.
- 9.50 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
- 12.00 NOON **Escape to Victory**
- 2.05 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
- 4.20 **Lost in Translation** Director Sofia Coppola's bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
- 6.10 **Love Story** Romance starring Ryan O'Neal and Ali MacGraw. (1970, PG, 100min) ★★★★
- 8.00 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
- 10.20 PM **to 1.40** AM **(GMT) The Brutalist** Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. (2024, 18, 215min) ★★★★★
- 2.40 AM **(BST) Escape to Victory** World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111 min) ★★
- 3.40 **Cinema List: Risky Romance**
- 4.00 **to 7.00** AM **Let's Dance** Vintage musical starring Betty Hutton. (1950, U, 112min) ★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 7.15 AM **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★
- 9.15 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
- 11.10 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
- 12.45 PM **Constantine** Horror thriller. (2005, 15, 121min) ★★★
- 2.50 **Anaconda** Jungle adventure starring Jennifer Lopez and Ice Cube. (1997, 15, 89min) ★★★
- 4.25 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
- 6.10 **Mars Attacks!** Tim Burton's sci-fi comedy starring Jack Nicholson and Glenn Close. (1996, 12, 106min) ★★★★
- 8.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. A troubled woman forms a bond with a mysterious count. (2024, 15, 132min) ★★★★
- 10.15 **From Dusk Till Dawn** Horror thriller starring George Clooney. (1995, 18, 108min) ★★★★
- 12.05 **to 1.50** AM **(GMT) Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
- 2.50 **(BST) Men in Black II** Sci-fi sequel. (2002, PG, 88min) ★★★
- 4.20 **to 6.10** AM **Men in Black 3** Sci-fi action comedy sequel. (2012, PG, 105min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **The Cat in the Hat** (2003)
8.45 **Penguins of Madagascar** Animation. (2014, U) ★★★★
10.20 **DC League of Super-Pets** Animation. (2022, PG) ★★★
12.10 PM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
1.50 **The Hobbit: The Desolation of Smaug** (2013, 12) ★★★★
4.30 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
6.00 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★

6.00 The Golden Compass

8.00 **Scooby-Doo** Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr. The team face their biggest ever challenge when a masked villain sets loose a series of monsters on their home town. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 PM **to 1.05** AM **(GMT) Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
2.05 AM **(BST) Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
3.50 **The Cinema List: Family Favourites**
4.10 **to 6.00** AM **Harriet the Spy** Comedy. (1996, PG) ★★★★

Sky Cinema Action

306 306 407 507 521

6.00 AM **Green Lantern** (2011) ★★
8.10 **Jurassic Park III** As 4.20am.
9.55 **The Fast and the Furious**
11.45 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
1.45 PM **Indiana Jones and the Temple of Doom** (1984) ★★★
3.45 **Indiana Jones and the Last Crusade** (1989, PG) ★★★★★
5.55 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★

5.55 ...the Crystal Skull

8.00 **Troy** Epic adventure starring Brad Pitt, Eric Bana and Orlando Bloom. When Trojan prince Paris elopes with Greek royal consort Helen, Greek king Agamemnon conspires to retrieve her as a pretext for invading and conquering Troy. With Brian Cox and Sean Bean. (2004, 15, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 PM **to 1.05** AM **(GMT) Fast & Furious 7** Action thriller sequel starring Vin Diesel. A rogue special forces assassin seeks revenge against Dom, Brian and their crew. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

2.05 AM **(BST) Rampage** Fantasy. (2018, 12, 107min) ★★★
3.55 **Sky Cinema Preview**
4.20 **to 6.00** AM **Jurassic Park III** Adventure thriller sequel. (2001, PG, 92min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.05 AM **Blades of Glory** (2007)
7.40 **Mean Machine** (2001, 15) ★★
9.25 **This Is Spinal Tap** Comedy. (1983, 15, 83min) ★★★★★
10.55 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
12.25 PM **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
2.10 **Ted** (2012, 15) ★★★★
4.00 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★
6.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★

2.10 Ted

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Naked Gun** Spoof police thriller starring Leslie Nielsen, Priscilla Presley and OJ Simpson. (1988, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PM **to 1.10** AM **(GMT) The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
2.10 AM **(BST) The Naked Gun 33⅓: The Final Insult** Spoof sequel starring Leslie Nielsen. (1994, 12, 83min) ★★★
3.35 **Sky Cinema Preview**
4.20 **to 6.00** AM **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Three Days of the Condor** As shown at 3.05am.
8.10 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
10.10 **The Perfect Storm** (2000)
12.20 PM **Trap** As shown at 10.10pm.
2.10 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
3.50 **Nightcrawler** As 12.00m't.
5.50 **The Perfect Storm** Fact-based action drama starring George Clooney. (2000, 12, 129min) ★★★★

10.10 Trap

8.00 **Ocean's Twelve** Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Trap** Thriller starring Josh Hartnett. A killer tries to evade a police blockade while attending a concert with his daughter. (2024, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **to 2.05** AM **(GMT) Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
3.05 AM **(BST) Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★
5.15 **to 7.00** AM **3.10 to Yuma** Western starring Glenn Ford. (1957, b/w, PG, 80min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Ghost and Mrs Muir** Vintage supernatural comedy. (1947, b/w, U, 104min) ★★★★
1.10 PM **Monster House** Animation. (2006, PG, 91min) ★★★★
2.55 **Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
5.05 **Sister Act** Musical comedy. (1992, PG, 102min) ★★★★
7.10 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

5.05 Sister Act

Men in Black (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Green Mile** Supernatural prison drama based on a novel by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 2.40** AM **(GMT) Legion** Action fantasy thriller starring Paul Bettany and Lucas Black. A rogue angel comes down to Earth to save a pregnant waitress when God launches an apocalyptic campaign against humankind. With Adrianne Palicki and Tyrese Gibson. (2010, 15, 100min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

8.00 AM **Transformers: Revenge of the Fallen** Adventure sequel. (2009, 12, 149min) ★★★
10.35 **Transformers: Dark of the Moon** Action adventure sequel. (2011, 12, 154min) ★★★
1.10 PM **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
3.55 **Transformers One** Animation. (2024, PG, 104min) ★★★★
5.45 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
8.00 **A Minecraft Movie** Fantasy adventure starring Jack Black. (2025, PG, 101min) ★★★
9.45 **Uncharted** Adventure with Tom Holland and Mark Wahlberg. A pair of treasure hunters embark on a search for a fortune that was lost 500 years previously. (2022, 12, 116min) ★★★
11.45 PM **to 1.15** AM **(GMT) Spy Kids** Comedy with Antonio Banderas. (2001, U, 88min) ★★★★
2.15 AM **(BST) Spy Kids 2: Island of Lost Dreams** Comedy sequel. (2002, U, 100min) ★★★★
3.00 **Spy Kids 3: Game Over** Comedy sequel. (2003, U, 84min) ★★★
4.30 **to 6.50** AM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★

Sky Cinema Greats

307 307 404 504 518

8.00 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
10.25 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
12.30 PM **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
2.30 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
4.10 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
6.25 **Mad Max** Action thriller starring Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
8.00 **Mad Max 2** Futuristic thriller sequel starring Mel Gibson. (1981, 18, 95min) ★★★★
9.40 **Mad Max Beyond Thunderdome** Action thriller sequel starring Mel Gibson as post-apocalyptic adventurer Mad Max. The lone hero falls foul of the dictator of a primitive new community. With Tina Turner. (1985, 15, 107min) ★★★
11.30 PM **to 1.15** AM **(GMT) The Running Man** Sci-fi adventure starring Arnold Schwarzenegger. (1987, 18, 101min) ★★★
2.15 AM **(BST) The Krays** Crime drama. (1990, 18, 119min) ★★★
4.15 **to 6.00** AM **Blue Hawaii** Musical. (1961, PG, 103min) ★★

Sky Cinema Animation

312 315 405 500 514

6.00 AM **Open Season: Scared Silly**
7.30 **Monster Family** (2017, PG) ★★
9.10 **Turbo** (2013, U) ★★★★
10.55 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
12.30 PM **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
2.10 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
4.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
6.05 **Mr Peabody & Sherman** Animated with the voice of Ty Burrell. (2014, U, 97min) ★★★★
7.50 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★
9.35 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
11.10 **Open Season: Scared Silly** Animated comedy adventure. (2015, PG, 84min) ★★★
12.40 **to 2.05** AM **(GMT) Batman Unlimited: Animal Instincts** Animation. (2015, PG) ★★
3.05 **(BST) Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★★
4.30 **to 6.00** AM **Into the Wonderwoods** (2024, U) ★★★

Disney+ Cinema

NEW CHANNEL

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **Bambi** As shown at 2.00am.
8.35 **Sleeping Beauty** Animation. (1959, U, 75min) ★★★★
9.50 **Cinderella** Classic animation. (1950, U, 75min) ★★★★
11.10 **Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG) ★★★★
1.35 PM **Toy Story** Animation. (1995, PG, 77min) ★★★★★
2.55 **Up** Animated family comedy. (2009, U, 96min) ★★★★★
4.35 **The Aristocats** Animation. (1970, U, 78min) ★★★★★
5.55 **Hannah Montana: The Movie** Teen musical comedy spin-off. (2009, U, 98min) ★★★
7.40 **Inspector Gadget** Adventure. (1999, U, 77min) ★★★
9.00 **PREMIERE** **Mufasa: The Lion King** Musical drama prequel. (2024, PG, 118min) ★★★★
11.00 PM **to 1.00** AM **(GMT) Iron Man** Adventure. (2008, 12) ★★★★
2.00 AM **(BST) Bambi** Animation. (1942, U, 69min) ★★★★★
3.10 **Inspector Gadget** As 7.40pm.
4.35 **The Many Adventures of Winnie the Pooh** (1977, U) ★★★
5.45 **to 6.00** AM **Myth: A Frozen Tale**

Talking Pictures

328 445 82 306 36

6.00 AM **A Message From Mars**
7.15 **Food Flash: Cod Liver Oil**
7.20 **The Black Arrow** 6/7. (S3)
7.50 **Legend of the Hidden City**
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 2/26. (S3)
9.30 **The Roy Rogers Show** (S4)
10.00 **Captain Scarlet and the Mysterons** 5/32. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 16/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Killers from Space** Thriller. (1954, b/w, U, 71min) ★
1.30 PM **Scotland Yard** 3/39. (S1)
2.05 **Battle of the Coral Sea** Drama. (1959, b/w, PG, 83min) ★★
3.50 **What's On TPTV with Noel**
4.00 **Whiplash** 10/34. (S1)
4.35 **The Riddle of the Sands** Thriller. (1978, U, 102min) ★★★
6.40 **To the Four Corners**
7.00 **Maigret** 1/13. (S4)
8.00 **The Duchess of Duke Street**
9.05 **Suspect** Thriller. (1987, 15) ★★★
11.30 PM **to 1.15** AM **(GMT) Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
2.15 AM **(BST) Eurotrash**
2.50 **Bob & Carol & Ted & Alice** Comedy. (1969, 15) ★★★★
4.55 **Stingray** 13/39. (S1)
5.30 **to 6.00** AM **Honey West**

SATURDAY Sport 28 March

Saturday

Sky Sports Main Event

401 401 501 419 439

8.00 AM **Ted's Notebook**
8.30 **Formula 1** Japanese Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 1** Japanese Grand Prix.
12.00 NOON **LIVE EFL Harrogate Town v Notts County.** The League Two match at Exercise Stadium. Kick-off **12.30pm**.
3.00 PM **LIVE IPL Royal Challengers Bengaluru v Sunrisers Hyderabad.** Coverage of the T20 match held at M Chinnaswamy Stadium.
5.00 **LIVE WSL Arsenal v Tottenham Hotspur.** Coverage of the North London derby staged at the Emirates Stadium. Kick-off **5.30pm**.
8.00 **LIVE PGA Tour Golf** Coverage of the third day of the Texas Children's Houston Open at Memorial Park Golf Courses.
10.00 PM **to 1.00** AM **(GMT) LIVE LPGA Tour Golf** The third day of the Ford Championship at Whirlwind Golf Club in Phoenix.
2.00 AM **(BST) Sky Sports Catch Up**
3.30 **to 8.00** AM **LIVE Formula 1** The Japanese Grand Prix held at Suzuka Circuit. Start-time **6.00am**.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League Legends**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **The Big Interview**
11.30 **PL Greatest Games**
11.50 **LIVE WSL Everton v Liverpool.** Coverage of the Merseyside derby at Goodison Park. Liverpool endured a poor start to the campaign and were beaten 4-1 in September's reverse fixture. Kick-off **12.00noon**.
2.00 PM **Gillette Soccer Saturday**
4.00 **LIVE ePremier League Finals** Coverage of day one of the eSports tournament, as clubs face off in elimination rounds.
10.30 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
11.00 PM **to 1.00** AM **(GMT) Premier League Years** Classic games, infamous blunders and moments of skill from the 2004/05 season.
2.00 AM **(BST) PL Retro**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **EFL Greatest Games**
10.00 **Saturday Social**
11.00 **EFL Cup Highlights** The final.
12.00 NOON **LIVE EFL Harrogate Town v Notts County.** Coverage of the League Two match staged at Exercise Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **LIVE WSL Arsenal v Tottenham Hotspur.** Coverage of the North London derby from the Emirates Stadium. The hosts are still in with a chance of challenging the likes of Manchester City and Chelsea for this year's title, so three points are vital in this match. The reverse fixture in November ended in a drab 0-0 draw. Kick-off **5.30pm**.
8.00 **EFL** Harrogate v Notts County.
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 25/26**
11.30 **EFL Highlights** League Two.
11.45 **EFL Greatest Games**
12.00 M'T **WSL** Arsenal v Tottenham.
12.30 **to 1.00** AM **(GMT) EFL Greatest Games**
2.00 **(BST) EFL** Play-off finals.
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Royal Challengers Bengaluru v Punjab Kings.
10.30 **Men's T20 World Cup** India v New Zealand in the final.
11.30 **Best of ICC WT20**
12.00 NOON **IPL** Action from 2025.
1.50 PM **LIVE IPL Royal Challengers Bengaluru v Sunrisers Hyderabad.** Coverage of the T20 match from M Chinnaswamy Stadium. The Royal Challengers are the reigning champions, while the Sunrisers will be loking to improve on last year's sixth-place finish.
6.00 **Best of ICC WT20**
7.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in the 2025 final.
8.00 Royal Challengers Bengaluru v Sunrisers Hyderabad.
9.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in the 2025 final held at Narendra Modi Stadium.
10.00 Royal Challengers Bengaluru v Sunrisers Hyderabad.
11.00 **IPL** Action from the 2025 final.
12.00 M'T **to 4.15** AM **(GMT) IPL** A chance to see Royal Challengers Bengaluru v Sunrisers Hyderabad.
5.15 **to 6.00** AM **(BST) Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **HotelPlanner Tour Golf**
8.00 **LIVE DP World Tour Golf** Coverage of the third day of the Hero Indian Open from DLF Golf and Country Club in New Delhi.
12.30 PM **LIVE PGA Tour Golf** Coverage of the featured groups on the third day of the Texas Children's Houston Open staged at Memorial Park Golf Course.
5.00 **LIVE PGA Tour Golf** Further coverage of day three of the Texas Children's Houston Open staged at Memorial Park Golf Course.
10.00 PM **to 1.00** AM **(GMT) LIVE LPGA Tour Golf** Coverage of the third day of the Ford Championship held at Whirlwind Golf Club in Phoenix, Arizona.
2.00 AM **(BST) ANWA Official Film**
3.00 **PGA Tour Golf** Houston Open.
4.00 **Playing Lessons**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.30 PM **WTA & ATP Tennis** The Miami Open women's semi-finals.
4.30 **LIVE WTA & ATP Tennis** Coverage of the Miami Open men's doubles final in Florida.
6.30 **LIVE WTA Tennis** Coverage of the Miami Open women's final at Hard Rock Stadium in Florida.
9.00 **WTA & ATP Tennis** Highlights from the Indian Wells Open finals.
11.00 PM **to 2.00** AM **(GMT) WTA & ATP Tennis** Highlights.
3.00 **to 6.00** AM **(BST) ATP & WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

8.15 AM **TNT Sports Cricket Reload**
8.30 **LIVE AFL Essendon Bombers v North Melbourne Kangaroos.** Coverage of the match at Marvel Stadium. Bounce-up **8.35am**.
11.30 **The Breakdown**
12.30 PM **LIVE The Gallagher PREM Gloucester v Leicester Tigers.** Coverage of the match staged at Villa Park. Kick-off **1.00pm**.
3.15 **LIVE The Gallagher PREM Bristol Bears v Harlequins.** Coverage of the match from Principality Stadium. The hosts won the reverse fixture thanks to a 40-14 win. Kick-off **3.30pm**.
5.45 **LIVE The Gallagher PREM Saracens v Northampton Saints.** From Tottenham Hotspur Stadium. Kick-off **6.00pm**.
8.30 **The Breakdown**
9.00 **UFC Main Event**
10.00 **LIVE UFC** The preliminary bouts.
12.00 M'T **to 3.30** AM **(GMT) LIVE UFC Israel Adesanya v Joe Pyfer.** Coverage of the middleweight bout from Climate Pledge Arena.
4.30 AM **(BST) World Superbikes**
5.00 **to 6.00** AM **Men's Cycling**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE A-League Women Sydney FC v Melbourne Victory.**
8.00 **UEFA Champions League**
8.15 **LIVE Ski Jumping** In Planica.
10.15 **LIVE Freestyle Skiing** Ski cross events in Gallivare, Sweden.
11.45 **Kenny Allstar's Number 1's**
12.00 NOON **MLB Highlights**
1.00 PM **MotoGP** Analysis.
1.30 **LIVE MotoGP** The Grand Prix of the Americas Moto2 and Moto3 second free practice sessions.
3.00 **LIVE MotoGP** The Grand Prix of the Americas MotoGP second free practice and qualifying sessions.
5.45 **LIVE MotoGP** Coverage of the Grand Prix of the Americas Moto3 and Moto2 qualifying sessions.
7.45 **LIVE MotoGP** The Grand Prix of the Americas MotoGP sprint race.
8.45 **World Superbikes**
9.15 **Cycling** Tour of Catalunya.
10.15 **World Rally Raid Championship**
11.15 **MotoGP** Grand Prix of Americas.
11.45 **World Superbikes**
12.15 AM **TNT Sports Cricket Reload**
12.30 **to 6.00** AM **(GMT) LIVE Women's ODI Cricket New Zealand v South Africa.** The first ODI from Hagley Oval.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League Highlights**
6.30 **LIVE NRL Penrith Panthers v Parramatta Eels.** Coverage from CommBank Stadium. Kick-off **6.30am**.
8.30 **LIVE NRL North Queensland Cowboys v Melbourne Storm.** Coverage of the match in the fourth round of fixtures at Queensland Country Bank Stadium. Kick-off **8.35am**.
10.30 **Super League Highlights**
11.30 **NBA on Fire** The latest news.
12.00 NOON **Premier League Darts**
4.00 PM **Super League Highlights**
5.00 **Premier League Darts**
9.00 **Super League Highlights**
9.15 **Women's Super League**
9.30 **NBA on Fire** The latest news.
10.00 **LIVE NBA Basketball Charlotte Hornets v Philadelphia 76ers.** The Eastern Conference match at Spectrum Center. Tip-off **10.00pm**.
12.30 **to 1.00** AM **(GMT) NFL Bitesize Highlights**
2.00 **(BST) Super League Highlights**
4.00 **Women's Super League**
4.15 **Super League Highlights**
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **LIVE Super Rugby Blues v Drua.** Coverage from Eden Park. Kick-off **6.05am**.
8.00 **Sky Sports Breakfast**
8.30 **LIVE Super Rugby Western Force v Chiefs.** Coverage of the match at HBF Park in Perth. Kick-off **8.35am**.
10.30 **Sky Sports News**
12.00 NOON **Soccer Saturday Pre-Match** Build-up.
2.00 PM **Gillette Soccer Saturday**
2.50 **LIVE EFL** Coverage of a League One match. Kick-off **3.00pm**.
5.00 **LIVE WTA & ATP Tennis** Coverage of the Miami Open men's doubles final at Hard Rock Stadium in Miami Gardens.
6.30 **LIVE WTA Tennis** Coverage of the Miami Open women's final at Hard Rock Stadium in Florida.
9.00 **Sky Sports News**
10.00 **LIVE NBA Basketball Charlotte Hornets v Philadelphia 76ers.** The Eastern Conference match at Spectrum Center. Tip-off is at **10.00pm**.
12.30 **to 1.00** AM **(GMT) EFL**
2.00 **to 6.00** AM **(BST) EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Super League**
11.30 **My Icon** Sporting influences.
11.50 **LIVE WSL Everton v Liverpool.** Coverage of the Merseyside derby at Goodison Park. Kick-off **12.00noon**.
2.00 PM **TGL** The semi-finals.
4.00 **Legends of Darts**
4.30 **My Icon** Sporting influences.
4.55 **LIVE Netball Super League** Coverage of a top-flight match.
6.30 **My Icon** Keegan Hirst.
6.45 **PL Greatest Games**
7.00 **Super League** A replay of Hull Kingston Rovers v St Helens.
9.45 **PL Greatest Games**
10.00 **ATP Tennis** Indian Wells Open.
11.00 PM **to 1.00** AM **(GMT) TGL**
2.00 AM **(BST) PGA Tour Champions**
3.00 **Formula 1** Chinese Grand Prix.
4.00 **Legends of Darts** Player profiles.
5.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

6.00 AM **The Gallagher PREM**
7.00 **Men's Cycling** Highlights.
9.00 **MotoGP** Grand Prix of Americas.
9.30 **LIVE World Superbikes** Coverage from Algarve, Portugal.
10.15 **Motorcycling Rewind**
11.00 **LIVE Motorsport** In Portugal.
4.15 PM **LIVE Snowboarding** Snowboard cross in Quebec.
5.30 **AFL** St Kilda v Brisbane.
7.00 **Ski Jumping** In Planica, Slovenia.
8.00 **LIVE MLB Toronto Blue Jays v Athletics.**
11.00 **UEFA Champions League**
11.30 **The Breakdown** Liverpool.
12.00 M'T **to 3.00** AM **(GMT) LIVE MLB San Francisco Giants v New York Yankees.** Start-time **12.15am**.
4.00 AM **LIVE (BST) AFL Port Adelaide Power v West Coast Eagles.** At Adelaide Oval.
4.30 **to 8.00** AM **LIVE AFL Carlton Blues v Melbourne Demons.** Bounce-up **5.15am**.

TNT Sports 4

414 416 524 411 434

6.00 AM **Discovery Golf**
6.30 **MotoGP** Grand Prix of Americas.
7.00 **Ski Jumping World Cup**
7.30 **LIVE Cross Country Skiing** Coverage from Aoste, Italy.
10.00 **TNT Sports Reload**
10.15 **LIVE Freestyle Skiing** Sweden.
11.45 **Discovery Golf** The latest news.
12.15 PM **Men's Cycling**
2.15 **LIVE Cycling** Tour of Catalunya.
4.15 **MLB Highlights**
5.15 **TNT Sports Cricket Reload**
5.30 **Discovery Golf**
6.00 **LIVE NWSL Denver Summit v Washington Spirit.** Kick-off **6.00pm**.
8.15 **Football** Highlights and features.
9.00 **LIVE Men's Curling Canada v Scotland.**
12.00 M'T **to 1.00** AM **(GMT) Cycling**
2.00 AM **(BST) MotoGP** Highlights.
2.30 **LIVE AFL Port Adelaide Power v West Coast Eagles.**
4.30 **to 6.00** AM **World Superbikes**

Premier Sports 1

419 551

6.00 AM **The Rugby Pod**
7.30 **NHL Ice Hockey**
9.30 **United Rugby Championship**
11.30 **LIVE United Rugby Championship Bulls v Munster.** Kick-off **12noon**.
2.00 PM **LIVE United Rugby Championship Connacht v Ospreys.** From Dexcom Stadium. Kick-off **2.15pm**.
4.45 **LIVE United Rugby Championship Stormers v Edinburgh.** From DHL Stadium. Kick-off **5.00pm**.
7.30 **LIVE United Rugby Championship Zebre v Ulster.** Kick-off **7.45pm**.
10.00 **Sporting Greats**
10.30 **United Rugby Championship**
12.30 **to 1.00** AM **(GMT) Sporting Greats**
2.00 **(BST) NHL Ice Hockey**
3.30 **to 6.30** AM **LIVE NHL Vegas Golden Knights v Washington Capitals.**

Premier Sports 2

420 552

6.00 AM **Eredivisie** Groningen v AZ.
8.00 **NHL Ice Hockey**
10.00 **United Rugby Championship**
2.00 PM **LIVE United Rugby Championship Lions v Dragons.** Coverage of the match staged at Emirates Airline Park. Kick-off **2.30pm**.
4.30 **Temples of Sport**
5.00 **Champions Cup Highlights**
6.00 **NHL on the Fly** The latest news.
6.30 **Bike World** Magazine.
7.00 **LaLiga Match Highlights**
7.30 **LIVE International Football USA v Belgium.** From Mercedes-Benz Stadium. Kick-off **7.30pm**.
9.30 **Temples of Sport**
10.30 **NHL: This is Hockey**
11.00 PM **to 2.00** AM **(GMT) LIVE NHL Ice Hockey Colorado Avalanche v Winnipeg Jets.** Western Conference match at Ball Arena. Face-off **11.00pm**.
3.00 AM **(BST) Rugby Union**
5.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 507 424 444

8.00 AM **Ted's Notebook**
8.30 **Formula 1** Japanese Grand Prix.
10.30 **Ted's Notebook**
11.00 **Formula 1** Japanese Grand Prix.
12.00 NOON **Ted's Notebook**
12.30 PM **Formula 1** From Japan.
2.30 **Ted's Notebook**
3.00 **LIVE Indycar** The Grand Prix of Alabama second practice session.
4.30 **Ted's Notebook**
5.00 **LIVE Indy NXT** Coverage of the Grand Prix of Alabama first race.
6.00 **Ted's Notebook**
6.30 **LIVE Indycar** The Grand Prix of Alabama qualifying session.
8.00 **Formula 1** Japanese Grand Prix.
9.00 **Ted's Notebook**
9.30 PM **to 1.30** AM **(GMT) Formula 1**
2.30 AM **(BST) Ted's Notebook**
3.30 **to 8.00** AM **LIVE Formula 1** The Japanese Grand Prix, the third round of the season, held at Suzuka Circuit. Start-time **6.00am**.

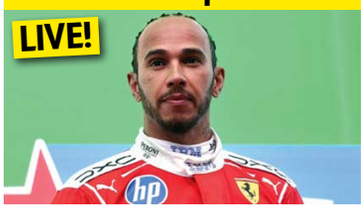
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

29 March

Evening Planner

Motorsport

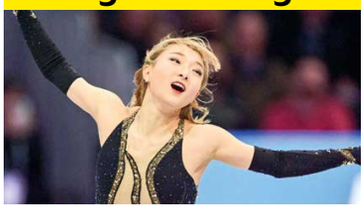


F1: Japanese Grand Prix

Sky Sports Main Event & Sky Sports F1, race starts at 6am

Can Lewis Hamilton improve on his third place in China in this morning's race?

Figure Skating



World Championships

BBC2, 2pm (full coverage on BBC iPlayer)

Highlights from the event, plus an exhibition gala featuring fan favourites – such as Japan's Kaori Sakamoto.

Cookery

The Great Celebrity Bake Off for SU2C

C4, 7.40pm

Four more celebrities show off their baking skills – or lack of – in the tent.

Crime Drama

Grace

ITV1, 8pm

John Simm returns as DS Roy Grace, who investigates when a property developer reports his wife missing.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 The Other Bennet Sister		9.00 The Capture		10.00 News	10.30 Film: The Proposal
	102 BBC2	7.00 This Farming Life		8.00 Burma with Simon Reeve		9.00 Forensics: The Real CSI		10.00 Film: Master and Commander...	
	103 ITV1	7.00 Emmerdale	7.30 Coronation...	8.00 Grace				10.00 News	10.20 Film: Creed III
	104 CHANNEL 4	‹ 5.50 Film: Toy Story 2		7.40 The Great Celebrity Bake Off for Stand Up to Cancer		9.00 The Hunt: Prey vs Predator		10.00 Gogglebox	
	105 5	7.00 Cadbury at Easter: Secrets of the...		8.00 Rich Holiday, Poor Holiday		9.00 Rich House, Poor House			10.30 When Theme...
	106 SKY ONE	7.00 Film: Angels & Demons					9.30 Sport's Funniest Moments		
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Sort Your Life Out with Stacey Solomon		10.00 Boarders	
	116 BBC4	7.00 Elaine Paige: 60 Years on Stage		8.15 A Night on the Town					10.15 Little Eyolf
	118 ITV2	‹ 5.50 Film: School of Rock		8.00 Film: Spectre					
	136 MORE4	‹ 6.50 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	‹ 6.30 The Amazing Race Australia		8.00 The Simpsons		9.00 Film: The Inbetweeners 2			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Watson		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.30 House of the Dragon				9.00 All Her Fault		10.00 DTF St Louis	
	110 U&GOLD		7.10 Only Fools and Horses		8.20 Dad's Army	9.00 Gavin & Stacey			10.20 The Vicar of Dibley
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal				9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	‹ 6.00 National Hockey League – Live (Face-off 6.00)			8.30 Made in Britain	9.00 World of Sport	9.30 The 1% Club		
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Film: Twins			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine				9.00 The Walking Dead			
	143 U&DRAMA	‹ 5.45 Sharpe		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 NCIS: Sydney	
	122 SKY ARTS	‹ 6.10 Paul Simon: In Restless Dreams		8.00 Cliff Richard and the Shadows: The Final Reunion					
	132 U&W	7.00 Inside the Ambulance: Coast and...		8.00 Inside the Operating Theatre				10.00 The Young Midwives of Essex	
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Moonshiners: Master Distiller		9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaska: Surviving the Last Frontier		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Air Crash Investigation		9.00 Planes that Changed History		10.00 Car S.O.S.	
	123 SKY HISTORY	7.00 Killer Kings				9.00 Ancient Aliens			
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	114 SKY DOCS	7.00 Bobby Robson: More Than a Manager				9.00 Blur: To the End			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 Superman		8.00 One Battle After Another					
	302 ADVENTURE	‹ 6.00 Pokemon: Detective Pikachu		8.00 Superman					10.15 Men in Black II
	303 FUN	‹ 6.30 The Naked Gun					9.30 The Naked Gun 2½: The Smell of Fear		
	307 GREATS	‹ 6.00 Back to the Future		8.00 Back to the Future Part II				9.50 Back to the Future Part III	
	312 ANIMATION	‹ 5.40 Smurfs	7.25 Flushed Away			9.00 Paws of Fury: The Legend of Hank			
	304 FAMILY	‹ 6.00 Turbo		7.50 Babe			9.25 Stardust		
	306 ACTION	‹ 6.00 Indiana Jones and the Temple of...		8.00 Indiana Jones and the Last Crusade					10.10 Indiana Jones and the...
	308 COMEDY	‹ 6.25 Big Daddy		8.00 Bridget Jones's Baby				10.05 The 40-Year-Old Virgin	
	309 THRILLER	‹ 5.45 The Accountant		8.00 Ocean's Thirteen				10.05 Sleepers	
	310 DRAMA	‹ 5.45 It Ends with Us		8.00 About Time				10.05 Miss You Already	
	311 SCI-FI	‹ 5.40 It		8.00 Get Out				10.00 Bone Lake	
	313 FILM4		7.05 Men in Black II			9.00 Transporter 2			
SPORT	401 MAIN EVENT	‹ 5.00 Betfred Super League...	7.45 Behind the...	8.15 PGA Tour Golf – Live: The Texas Children's Houston Open					
	402 PREMIER LEAGUE	‹ 4.00 ePremier League Finals – Live: Coverage of day one of the eSports tournament					9.30 Premier League 360 – Big Sam's Bolton		
	403 FOOTBALL	7.00 EFL Goals		8.00 WSL				10.00 EFL Goals	
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	‹ 6.30 MLB – Live: Philadelphia Phillies v Texas Rangers (Start-time 6.35)					9.30 MotoGP – Live: The Grand Prix of the Americas MotoGP		
	411 TNT SPORTS 2	7.00 MotoGP – Live: The Grand Prix of the Americas Moto2 race (Start-time 7.15); The Grand Prix of the Americas MotoGP (Start-time 10.00)							

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Sunday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **(BST) Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Pilgrimage: The Road to the Scottish Isles** (S)(R)(AD)
11.30 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Lifeline** New edition (S)(AD)
2.00 **Gladiators** (S)(R)(AD)
3.00 **Crookhaven** New episodes 3/8. Gabriel and Penelope go to great lengths to dig for dirt. (S)(AD)
3.50 4/8. The school goes into lockdown. (S1) (S)(AD)
■ Entire series on BBC iPlayer
4.35 **Attenborough's Life in Colour** 1/2. How animals use colour. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

9.00 The Capture

6 PM

6.00 Countryfile New edition Sean Fletcher and Anita Rani head to St Michael's Mount in Cornwall after Storm Goretti, and join the work to reopen the landmark to visitors. (S)

7 PM

7.00 Antiques Roadshow Fiona Bruce presents from Firstsite contemporary art gallery in Colchester, where treasures include a wartime wedding dress and a copper dish rescued from a skip. (S)(R)

8 PM

8.00 The Other Bennet Sister New episodes 5/10. Mary prepares for her official debut in London society. (S)(AD)
8.30 6/10. Mary rushes to Pemberley, fearing her mother is gravely ill. (S)(AD)

9 PM

9.00 The Capture New episode *Kill Switch:* 4/6. Carey is under pressure to charge James Whitlock. Her failure to reach Napier leads to her facing the consequences of her actions. (S3) (S)(AD)

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 FILM The Proposal Romantic comedy starring Sandra Bullock and Ryan Reynolds. A bossy publishing executive forces her put-upon assistant to pretend they are getting married so she can avoid deportation. (S)(AD) (2009, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **The Women's Football Show** Highlights of the weekend's matches in the Super League, including Everton v Liverpool and Arsenal v Tottenham Hotspur. (S)
1.05 **Weather for the Week Ahead** (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.50 AM **(BST) A to Z of TV Gardening**
7.35 **Take a Hike** (S)(R)
8.05 **Countryfile** (S)(R)
9.00 **My Kind of Town** New editions (S)
10.00 **Saturday Kitchen Best Bites** New edition With Loyle Carner. (S)
11.30 **Great British Menu** (S)(R)(AD)
1.30 PM **Mary Berry: Love to Cook** Featuring four recipes that will not break the bank. (S)(R)(AD)
2.00 **Figure Skating: World Championships** Action from the annual event, held at O2 Arena in Prague, Czech Republic. (S)
4.05 **FILM Evil Under the Sun** Agatha Christie mystery starring Peter Ustinov, Jane Birkin, Diana Rigg. Belgian detective Hercule Poirot is called upon to solve a baffling murder at an Adriatic beach resort. (S) (1981, PG, 115min) ★★

9.00 Forensics: The Real CSI

6 PM

6.00 Big Cats 24/7 4/6. The Xudum pride mothers struggle to feed so many mouths, and one cub is close to starving. Lediba and Pobe battle to keep their cubs safe from intruding male leopards. (S)(R)

7 PM

7.00 This Farming Life 5/12. Callum and Zara believe their newborn lambs are vulnerable to bird attacks, while Lucy and Adam face selling their dairy herd if the new farm falls through. (S)(R)

8 PM

8.00 Burma with Simon Reeve 1/2. Documentary exploring the country in the aftermath of the humanitarian crisis in which thousands of Rohingya Muslims were driven from their homes by the military. (S)(R)(AD)

9 PM

9.00 Forensics: The Real CSI Series finale 5/5. Police and forensic teams try to track down the person who broke into a house in the middle of the night and sexually assaulted an 11-year-old girl. (S)(AD)

10 PM

10.00 FILM Master and Commander: The Far Side of the World Epic seafaring adventure starring Russell Crowe and Paul Bettany. During the Napoleonic Wars, the captain of a British warship leads his crew in pursuit of a heavily armed French privateer across two oceans. (S) (2003, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **FILM Good Vibrations** Musical biopic of Terri Hooley, starring Richard Dormer and Jodie Whittaker. (S)(AD) (2012, 15, 95min) ★★★
1.40 **Sign Zone: Question Time** (S)(R)
2.40 **Sign Zone: Clash of the Superpowers: America vs China**
3.40 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **(BST) James Martin's Saturday Morning** (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.25 **Fletchers' Family Farm** New edition Liz and Kelvin brave the snow to make sure the livestock are fed and watered. (S)(AD)
12.25 PM **Love Your Garden** (S)(R)(AD)
12.55 **ITV News** (S)
1.00 **Britain's Got Talent** (S)(R)(AD)
2.15 **Celebrity Sabotage** (S)(R)(AD)
3.20 **FILM Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure with Harrison Ford and Cate Blanchett. (S) (2008, 12, 135min) ★★★
5.35 **The Chase** Quiz show. (S)(R)

11.25 Fletchers' Family Farm

6 PM

6.35 ITV News (S)
6.50 Local News (S)

7 PM

7.00 Emmerdale Matty delivers devastating news, and Tracy is feeling heartbroken. (S)(AD)
7.30 Coronation Street Todd's friends discuss their evidence against Theo. (S)(AD)

8 PM

8.00 NEW SERIES Grace *Left You Dead:* 1/4. Return of the crime drama starring John Simm. The team are in the midst of an anti-corruption enquiry, while Roy wrestles with whether to trust Cassian's intel about Sandy's murder and the threat to Bruno's life. Meanwhile, Roy's team are plunged into a case filled with secrets after a Brighton property developer reports his wife missing. *See feature, page 6.* (S6) (S)(AD)

9 PM

10 PM

10.00 ITV News (S)
10.20 FILM Creed III Sports drama sequel directed by and starring Michael B Jordan. When a childhood friend resurfaces after a stint behind bars, Creed is lured back into the ring to settle an old score. With Tessa Thompson and Jonathan Majors. (S)(AD) (2023, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Teleshopping**
3.00 **Wheel of Fortune** Game show with Graham Norton. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **(BST) The King of Queens** 10-12/25. Triple bill. (S)(R)(AD)
7.15 **Everybody Loves Raymond** (S)(R)
8.05 **Frasier** 11 & 12/24. (S7) (S)(R)(AD)
9.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Fatiha El-Ghorri, Richard Kind, Keith Brymer Jones, Marj Hogarth, Les Dennis and Rizzle Kicks. (S)
1.00 PM **F1: Japanese Grand Prix Highlights** Steve Jones presents action from the third round of the season, held at Suzuka Circuit. (S)
3.30 **A Place in the Sun** Danni Menzies tries to find a golf fan the perfect Costa del Sol property. (S)(R)
4.15 **George Clarke's Amazing Spaces** A Nottingham couple cement their relationship with an ambitious floating home. (S)(R)(AD)
5.20 **News** (S)

7.40 The Great Celebrity Bake Off

6 PM

5.50 FILM Toy Story 2 Animated sequel featuring the voices of Tom Hanks, Tim Allen and Joan Cusack. When Woody the cowboy doll is kidnapped by a greedy toy collector, the other toys embark on a dangerous mission to save him. (S)(AD) (1999, U, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM

7.40 The Great Celebrity Bake Off for Stand Up to Cancer New edition Molly-Mae Hague, Richard Herring, JoJo Siwa and Babatunde Aléshé take on decorated traybakes and a tarte tatin, then reveal their most coveted toys from childhood in biscuit form. Hosted by Noel Fielding and Alison Hammond. (S)(AD)

8 PM

9 PM

9.00 The Hunt: Prey vs Predator New edition 4/9. The Predators band together and ruthlessly round on one player. Meanwhile, one of the contest's closest alliances is put in peril. (S)(AD)
■ Continues tomorrow

10 PM

10.00 Gogglebox The armchair critics share their opinions on what they have been watching on TV, with cameras capturing their instant reactions. (S)(R)(AD)
11.00 First Dates (S)(R)(AD)
12.00 M'T **FILM xXx** Espionage action thriller starring Vin Diesel. (S) (2002, 12, 130min) ★★
2.10 AM **Ramsay's Hotel Hell** From Idaho. (S)(SL)(R)(AD)
3.00 **The Simpsons** (S)(R)(AD)
4.40 **Sunday Brunch** (S)(R)
4.50 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **(BST) Milkshake!**
9.00 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.40 **Hotel Benidorm: Fun-Loving Brits in the Sun** (S)(R)
10.40 **Hotel Benidorm: Sun-Loungers & Sangria** (S)(R)
11.40 FILM **The Ten Commandments** Cecil B DeMille's epic biblical drama starring Charlton Heston, Yul Brynner, Anne Baxter and Edward G Robinson. (S) (1956, U, 260min) ★★★★
4.00 PM **Portugal with Michael Portillo** A tour of the cities of Coimbra and Aveiro. (S)(R)
5.00 Michael explores Sintra, once the playground of Portuguese royalty. (S)(R)

8.00 Rich Holiday, Poor Holiday

6.00 **News** (S)
6.05 **M&S vs Aldi: Who Does Easter Best?** Comparing Aldi's discount Easter products with M&S's premium brand ones. (S)(R)
7.00 **Cadbury at Easter: Secrets of the Chocolate Factory** A behind-the-scenes look at Cadbury, which has been crafting Easter eggs since 1875, producing around 500 million each year. (S)(R)
8.00 **Rich Holiday, Poor Holiday** New edition The Olutayo family share a holiday in Switzerland with the Gees, staying in self-catering wooden cabins and a luxury five-star hotel and spa. (S)
9.00 **Rich House, Poor House** New edition Angel investor Steve, who lives in one of Bournemouth's most upmarket suburbs, swaps homes with carer Val, who dreams of starting her own Zimbabwean restaurant. (S)
10.30 **When Theme Parks Go Horribly Wrong** A selection of disastrous experiences, including a magical Disney parade that turned into a nightmare when a fire-breathing dragon became an inferno in front of shocked onlookers. (S)(R)
12.30 AM **Car Pound Cops** The work of vehicle recovery crews. (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Attack of the Drones** (S)(R)
3.20 **A&E After Dark** (S)(R)
4.10 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM FILM **(BST) Paws of Fury: The Legend of Hank** Animated family comedy. (S)(AD) (2022, PG, 120min) ★★★
8.00 **The Simpsons** (S)(R)
9.30 **F1: Japanese Grand Prix Highlights** Action from the third round of the season.
10.30 **The Gloves Are Off** (R)
11.00 **Football's Funniest Moments** Comical incidents. (S)(R)(AD)
11.30 LIVE **Football: WSL** Chelsea v Aston Villa: All the action from the top-flight match at Kingsmeadow. Kick-off is at 12.00.
2.30 PM **The Simpsons** (S)(R)
5.00 **Agatha Raisin** *The Haunted House:* 1/4. The detective opens her own agency. Stars Ashley Jensen. (S3) (S)(R)(AD)

7.00 Angels & Demons

Agatha Raisin (started at 5.00pm)

7.00 FILM **Angels & Demons** Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (S) (2009, 12, 150min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.30 **Sport's Funniest Moments** From football to F1 and cricket to golf, enjoy some of the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara. (S)(R)(AD)
11.30 **Brassic** 5/6. Erin's brother Ronnie turns up on the run from prison. (S1) (S)(R)(AD)
12.30 AM **Evil** 2/13. The team are charged with investigating a man who claims he can hear the voice of an angel (S2) (S)(R)
1.30 **The Force: North East** (S)(R)
2.00 **Rooster** New episode 4/10. Greg throws himself into helping a student. (S1)
2.30 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW Tubaiste sa Phortach (S) **11.00** Cumasc: Seisiúin sa Black Gate New edition (S) **11.30** QI (S)(R) **12.00m't-12.05am** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Hen Dy Newydd (AD) **10.00** Colli Cymru I'r Môr (AD) **11.00** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Ysbyty **1.00pm** Y Deis **1.35** Y Fets (AD) **2.05** 24 Awr Newidiodd Gymru **2.55** 24 Awr Newidiodd Gymru **3.40** Cefn Gwlad (AD) **4.15** Clwb Rygbi **6.00** Pobol y Cwm Omnibws (AD) **6.45** Dechrau Canu Dechrau Canmol **7.15** Newyddion a Chwaraeon **7.30** Y Llais New edition **9.00** Stori'r Iaith **10.00** Radio Fa'ma (AD) **11.00-11.35pm** Codi Hwyl: Llydaw

TV&Satellite Week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **(BST) EastEnders** The Truemans welcome a visitor. **7.30** The Panesars and the Brannings attempt to bond. **8.00** The Slaters put on a show of family unity. **8.30** Suki accuses Penny of using Vinny for money.
9.00 **Sort Your Life Out with Stacey Solomon** 3/6. A pair of dads need help decluttering their home in the Midlands.
10.00 **Boarders** New episode 5/6. Leah is stressed that Felix will drag her down, but things are about to get a lot worse for them both. **10.45** Series finale 6/6. Femi is forced to choose between love and ambition, Omar tries to right his wrongs, and Leah cracks under the pressure. (S3)
■ Entire series on BBC iPlayer
11.30 **Long Story Short**
1.15 AM **The Trials of Pa Salieu** Documentary.
2.00 **Tommy: The Good. The Bad. The Fury**
2.30 **to 4.00** AM **Boarders**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **(BST) Elaine Paige: 60 Years on Stage** The musical theatre star chats to Zoe Ball about her career.
8.00 **Elaine Paige Remembers... A Night on the Town** The actor looks back on the 1983 musical spectacular.
8.15 **A Night on the Town** Musical starring Ann Reinking, Lewis Collins and Elaine Paige. A photographer and an advertising designer trying on clothes in a vintage clothing store find themselves transported to the 1930s.
10.00 NEW **Charles Dance Remembers... Little Eyolf** The actor reflects on the 1982 Ibsen adaptation.
10.15 **Little Eyolf** Michael Meyer's 1982 adaptation of Ibsen's study of grief and guilt, starring Diana Rigg, Anthony Hopkins and Charles Dance.
11.50 **Mindful Escapes: Breathe, Release, Restore**
12.20 AM **Elaine Paige: 60 Years on Stage**
1.20 **to 3.05** AM **A Night on the Town**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **(BST) Come Dine with Me** From Middlesbrough.
11.35 **A Place in the Sun**
3.05 PM **Kirstie and Phil's Love It or List It** From Surrey.
4.10 **Location, Location, Location** House-hunting in Bournemouth, Dorset.
5.15 **George Clarke's Remarkable Renovations**
6.20 **Four in a Bed** The first visit is to Derwent House Apartments in Scarborough. **6.50** The rivals visit Burton Constable Holiday Park.
7.20 **Four in a Bed** The B&B owners visit The Crossings Inn near Carlisle, Cumbria. **7.55** The final visit is to Plas Maenan Country House in Wales' Conwy Valley. **8.25** Emotions are running high on Payment Day.
9.00 NEW SERIES **The Emergency Ward** Doctors fear for a man who has epilepsy after he fell and hit his head on concrete. Things escalate when he has a second seizure and stops breathing.
10.00 **24 Hours in A&E** A 15-year-old boy is brought to A&E having badly cut his leg while back-flipping off a shed roof onto a trampoline..
11.05 **24 Hours in A&E**
12.05 AM **The Emergency Ward**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **(BST) Hollyoaks Omnibus**
7.05 **Modern Family**
8.55 **Ramsay's Kitchen Nightmares USA**
11.55 **Married at First Sight Australia** Double bill.
3.00 PM **The Simpsons** Seven episodes, including at: **6.00** *Bart Carny:* A carnival worker and his son move in with the Simpsons.
6.30 **The Amazing Race Australia** New edition The teams travel to Kerala.
8.00 **The Simpsons** *The Longest Marge:* Marge and Mr Burns fight for the soul of a brash young football prodigy. **8.30** *Pixelated and Afraid:* Homer and Marge get lost in an icy wilderness.
9.00 FILM **The Inbetweeners 2** Comedy sequel starring Joe Thomas, Simon Bird, James Buckley and Blake Harrison. The awkward teenagers find university does not live up to their expectations, and decide to head to Australia in search of adventure. (2014, 15, 92min) ★★
11.00 **The Inbetweeners**
12.00 M'T **Gogglebox**
2.05 AM FILM **Monster Hunter** Fantasy adventure with Milla Jovovich and Ron Perlman. (2020, 12, 103min) ★★★
3.50 **Modern Family**
4.15 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **(BST) Caught Red Handed** Triple bill.
8.00 **Brit Cops: Rapid Response**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **The Best of Nothing to Declare** Double bill.
2.00 **Customs UK** Double bill.
3.00 **Police 24/7** Officers dealing with the epidemic of car theft. **4.00** How officers are trained to act when a suspected crime unfolds in real time.
5.00 **Nothing to Declare**

9.00 Watson

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Watson New episode *Giant Steps:* 7/20. John's father Hamish visits to introduce his son and the fellows to his protégé. (S2)

10 PM
10.00 The Rookie *Burn 4 Love:* 6/18. The team hunt for an arsonist, while Celina thinks Miles's bad luck is the result of a curse. (S8)
11.00 Fire Country 11/22. (S1)
12.00 M'T **Law & Order: Criminal Intent** 3/22. (S1)
1.00 AM **Law & Order: Special Victims Unit** 12/22. (S26)
2.00 Brit Cops: Frontline Crime UK
4.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **(BST) The Guest Wing**
7.00 **Catherine the Great** (S1)
11.15 **House of the Dragon** (S2)
1.35 PM **House of the Dragon** 3/8. Daemon arrives at Harrenhal to raise an army. **2.50** 4/8. Cole mounts a campaign in the Crownlands. **3.55** 5/8. Jacaerys sets out on a rogue mission. **5.10** 6/8. Rhaenyra summons a trusted knight. **6.30** 7/8. Daemon puts pressure on Oscar Tully to raise up his bannermen. (S2)

9.00 All Her Fault

7.45 House of the Dragon *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Larys plots an escape and Rhaenyra looks to press home her advantage. (S2)

9.00 All Her Fault 4/8. Alcaras struggles to balance work and home life and makes a choice when he is tempted by an offer. (S1)

10.00 DTF St Louis 4/7. Clark ramps up his support for Floyd. (S1)
10.55 True Detective: Night Country 1/6. Drama. (S4)
12.00 M'T **True Detective: Night Country** 2/6. (S4)
1.10 AM **Richard E Grant's Hotel Secrets** Miami's South Beach.
2.00 DTF St Louis New episode 5/7. Floyd confronts Clark. (S1)
3.00 Succession 6/10. (S4)
4.10 to 6.00 AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **(BST) CITV**
7.30 **Totally Bonkers Guinness World Records**
7.45 **Buying the View**
8.10 **Dress to Impress**
9.10 **The Only Way Is Essex**
11.10 **Deal or No Deal**
12.10 PM **Celebrity Catchphrase**
1.10 **Celebrity Sabotage**
2.15 **FILM Stuart Little** Children's fantasy adventure. (1999, U, 84min) ★★★★★
4.00 **Britain's Got Talent**
5.15 **Britain's Got Talent: Unseen** New edition

5.40 School of Rock

5.40 FILM School of Rock Comedy with Jack Black and Joan Cusack. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 FILM Spectre Spy thriller starring Daniel Craig and Christoph Waltz. James Bond goes in search of the elusive mastermind behind a secret criminal network with links to his own past. (2015, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 Family Guy 4/22. Lois uses stories about Peter to become a top stand-up comedian. (S23)
11.25 Family Guy 9/20. A parody of film noir detective films.
11.50 4/20. Peter recreates scenes from 1980s films. (S20)
12.20 AM **American Dad!** (S17)
1.20 Plebs 8/8. (S2)
1.50 Deep Fake Neighbour Wars
2.20 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **(BST) Wycliffe** (S4)
8.15 **Lewis** *Generation of Vipers.*
10.10 **Endeavour** *Game.*
12.10 PM **Doc Martin** 2/8. (S4)
1.10 **Rosemary & Thyme**
2.15 **Agatha Christie's Why Didn't They Ask Evans?** 1/3. Mystery starring Will Poulter. **3.30** 2/3. Frankie infiltrates the home of the prime suspect. **4.45** 3/3. Frankie and Bobby uncover a dark conspiracy.
6.00 **Agatha Christie's Marple** *4.50 from Paddington:* Mystery starring Geraldine McEwan.

11.50 After the Flood

Agatha Christie's Marple (started at 6.00pm)

8.00 Midsomer Murders *Dead Letters:* Barnaby and Jones investigate the case of a woman found drowned at a local carnival – and discover her killing may be linked to the death of her daughter eight years previously.

10.00 Vera *Dirty:* The murder of a cleaner whose death occurred several hours after the killer blow puts DCI Vera Stanhope on an intriguing trail.
11.50 After the Flood 5/6. Jo and Sam interrogate Donna. **12.50** AM 6/6. The police search for Declan. (S2)
1.50 On the Buses
2.15 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **(BST) The Best of the 70s**
6.20 **Auto Mundial** New edition
6.50 **Motorsport Mundial**
7.20 **Cadfael** 3/3. (S4)
9.00 **English Football League Highlights** Recent action.
10.00 **The Big Match Revisited**
11.00 **River Monsters**
11.35 **Made in Britain**
12.35 PM **The Motorbike Show**
1.35 **Sharpe** *Sharpe's Company:* The return of an old enemy leads to problems for Sharpe. **3.50** *Sharpe's Enemy:* Hakeswill creates mischief. (S2)

10.35 American Psycho

6.00 LIVE Ice Hockey: NHL New York Rangers v Florida Panthers: Coverage of the Eastern Conference encounter at Madison Square Garden. Face-off is at 6.00.
8.30 Made in Britain A look at craftsmen making acoustic guitars fit for the stars.

9.00 World of Sport
9.10 Nine Dart Finishes
9.20 Nijinsky's Triple Crown
9.30 The 1% Club Quiz show.

10.35 FILM American Psycho Satirical black comedy based on the novel by Bret Easton Ellis, starring Christian Bale. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Black Sails** 6/8. (S1)
1.35 Lost Car Rescue
2.25 Made in Britain
2.50 Unwind with ITV
3.30 to 4.00 AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sacked in the Morning** With guest Lee Dixon.
7.45 **The Singer Story: Made in Clydebank** The story of the Singer sewing machine and its impact across the world.
8.45 **Beechgrove Repotted** The transformation of Saughton Park in Edinburgh over a period of two years.
9.00 **Paramedics on Scene** A crew from the special operations team attend a two-car crash.
10.00 **Still Game** 3/6. Jack and Victor take up walking football. (S8)
10.30 **Best of Scot Squad** 5/5. Highlights from the spoof documentary. (S8)
11.00 **Situationships with Sophie and Christine**
11.30 PM **to 12.00** M'T **The Sunday Show**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **(BST) Sort Of** (S1)
9.00 **Will & Grace** (S5)
11.30 **Based on a True Story**
4.00 PM **Community** (S3)
6.30 **The Office (US)** 19/28. Kevin seeks dating advice from Andy, Jim and Pam. **7.00** 20/28. Jim's most recent practical joke on Dwight backfires. **7.30** 21/28. Michael becomes increasingly careless under pressure. **8.00** 22/28. Jim regrets lying to Charles about his ability to play football. **8.30** 23/28. Michael holds a pancake lunch to promote his new company. (S5)
9.00 **Micky Flanagan: An' Another Fing Live**
10.45 **Glenn Moore: Will You Still Need Me, Will You Still Feed Me, Glenn I'm Sixty Moore**
12.00 M'T **American Auto** (S1)
3.30 AM **The Comeback** New episode 2/8. (S3)
4.10 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **(BST) Mozart's Sister** Documentary
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Beyond the Brush**
2.00 **FILM The Stranger** Suspense thriller. (1946, PG, 95min) ★★★★
3.45 **Simon & Garfunkel: Old Friends – Live on Stage** From 2003.
6.10 **Paul Simon: In Restless Dreams** Documentary.
8.00 **Cliff Richard and the Shadows: The Final Reunion** A concert at London's O2 Arena.
10.45 **Opry Live** Performances by Carly Pearce, Ashley McBryde and Crystal Gayle and Emmy Russell.
11.45 **Isle of Wight Festival 2025** James's headline set in the Big Top.
2.00 AM **Hired Gun**
4.00 **Greatest Albums Live**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **(BST) Border Patrol**
8.00 **Nothing to Declare**
9.00 **Border Security: America's Front Line**
10.00 **Caught on Dashcam**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **FILM Signed, Sealed, Delivered: A Tale of Three Letters** Mystery with Eric Mabius. (2024, PG, 120min) ★★
4.00 **Dogs with Extraordinary Jobs**
5.00 **Impossible Animals**
6.00 **Moon: Nature's Secret Force** Documentary.
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs K-Pop** The comedians enter the world of the music phenomenon.
10.00 **Brassic** 1/8. (S3)
11.00 **Josh Widdicombe: Bit Much...** Stand-up show.
12.15 AM **Caught on Dashcam**
2.05 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **(BST) Deal or No Deal** Game show.
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Taylor tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Quiz show with Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **(BST) Four in a Bed**
2.00 PM **Find It, Fix It, Flog It** Triple bill.
5.00 **A Place in the Sun**
8.00 **The Dog House** Football-mad Josh hopes that Ruby the Staffy could be his perfect team-mate.
9.00 **Gogglebox** Opinions on recent TV programmes.
10.00 **FILM Moonfall** Sci-fi thriller starring Patrick Wilson and Halle Berry. A mysterious force knocks the Moon from its orbit and two astronauts join forces to avert catastrophe. (2022, 12, 130min) ★★★
12.30 AM **FILM Barbarian** Horror thriller starring Georgina Campbell and Justin Long. (2022, 18, 102min) ★★★★
2.35 **Britain's Most Expensive Houses**
3.35 **24 Hours in A&E**
4.30 **to 4.50** AM **Find It, Fix It, Flog It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **(BST) Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the sci-fi drama, including at: **3.00** PM 22/22. Artificial organisms attack Earth. (S3)
4.00 **Star Trek: Deep Space Nine** 26/26. Part one of three. Sisko leads an invasion. (S6) **5.00** 1/26. Part two of three. Sisko's future depends on a figure from the past as the galactic war continues. **6.00** 2/26. Part three of three. Kira faces powerful Romulan opponents. (S7)

9.00 The Walking Dead

7.00 **Star Trek: Deep Space Nine** *Afterimage:* 3/26. Ezri, the new Dax host, faces the challenge of soothing Garak's troubles.
8.00 **Star Trek: Deep Space Nine** *Take Me Out to the Holosuite:* 4/26. Sisko and the crew compete in a baseball challenge. (S7)
9.00 **The Walking Dead** *Vatos:* 4/6. Rick discovers Merle is not where he left him, and Jim's feverish rantings cause panic.
10.00 **The Walking Dead** *Wildfire:* 5/6. Jim reveals that he has been bitten, while the Morales family head to Alabama. (S1)
11.00 **Grimm** 6/22. A mysterious female biker has a connection to a series of explosions. **12.00** M'T 7/22. A length of hair provides a clue to the murder of a drug dealer. **1.00** AM 8/22. A prison escapee looks for revenge. **2.00** 9&10/22. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **(BST) Murdoch Mysteries**
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu come to the aid of allotment holders. **5.00** 4/10. A woman suspects her sisters of murder. (S3)
6.00 **Miss Scarlet** 1/6. A violent psychiatric patient is on the loose, leaving behind a murder, a mystery and an unidentified body. Blake hires Eliza to help him solve the case. (S6)

9.00 Death in Paradise

7.00 **Murdoch Mysteries** New episode *Tow Tags:* 12/21. Constable Higgins goes undercover at a tow truck company. (S19)
8.00 **Father Brown** *Gardeners of Eden:* A celebrity florist brings glamour and murder to Kembleford. Guest stars Elaine Paige
9.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at her villa. Guest stars Kelvin Fletcher. (S10)
10.00 **NCIS: Sydney** *Doggieccino Day Afternoon:* 5/8. Doc Roy and his dog are involved in a hostage situation at their local dog cafe. (S1)
11.00 **Father Brown** As 8.00pm.
12.00 M'T **The Boy That Never Was** 3/4. Robin and Harry look to a local police officer for help with tracking down Ollie. (S1)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **(BST) The Vicar of Dibley**
1.25 PM **Only Fools and Horses** Rodney attends a computer course at night school. **2.30** Dodgy dealer Del gets his hands on a consignment of self-inflating rubber dolls. **3.35** A retired jeweller offers Del Boy the deal of a lifetime. **4.45** Rodney wins a holiday at a five-star hotel in Majorca, but cannot understand why the trip is for three people. **5.55** Del's mum apparently makes contact during a seance at the Nag's Head.

10.20 The Vicar of Dibley

7.10 **Only Fools and Horses** Rodney ties the knot with Cassandra, while Del tries to dodge a bashing from the dreaded Driscoll brothers over some stolen mobile phones.
8.20 **Dad's Army** Godfrey learns his cottage is scheduled for demolition.
9.00 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **9.40** Neil's christening offers an opportunity for everyone to reunite.
10.20 **The Vicar of Dibley** Local election fever hits the village and Geraldine finds she is a more popular candidate with the voters than parish council chairman David.
11.00 **The Vicar of Dibley**
11.40 **Only Fools and Horses**
2.20 AM **Gavin & Stacey**
3.25 **to 4.00** AM **The Vicar of Dibley**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **(BST) Wilderness with Simon Reeve** As 5.00pm.
8.00 **Storage Hunters UK**
9.00 **Border Force: America's Gatekeepers** Double bill.
11.00 **Top Gear** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Double bill.
2.20 **Hairy Bikers' Best of British**
4.20 **Robson Green's Weekend Escapes** With Lee Ridley.
5.00 **Wilderness with Simon Reeve** The Kalahari desert.
6.00 **The Americas with Simon Reeve** Simon visits Alaska.

6.00 The Americas

7.00 **Special Ops: To Catch a Criminal** Counter Terrorism Policing foil an Islamist terror plot.
8.00 **Special Ops: To Catch a Criminal** The Serious Fraud Office unravel a £400 million global fraud in the steel industry.
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with guests Mick Lynch and Roisin Conaty.
10.00 **QI** With Holly Walsh, David Mitchell and Maisie Adam.
10.40 **Mock the Week** With Rob Beckett, Holly Walsh and Milton Jones.
11.20 **Mock the Week** With James Acaster and Josh Widdicombe.
12.00 M'T **Live at the Apollo** Jen Brister introduces sets by Esther Manito and Adam Rowe.
1.00 AM **QI XL** With Cally Beaton, Nish Kumar and Tom Ward.
2.15 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **(BST) The Bill**
11.55 **Call the Midwife**
2.30 PM **Catherine Cookson's The Wingless Bird** Feature-length melodrama set in 1913, about the budding romance between two people from very different backgrounds. Stars Claire Skinner and Edward Atterton.
5.45 **Sharpe** *Sharpe's Peril:* Feature-length adventure starring Sean Bean. Sharpe and Harper tangle with bandits during a hazardous journey across India in 1818.

8.00 Sister Boniface Mysteries

Sharpe (started at 5.45pm) — **7 PM**
8.00 **Sister Boniface Mysteries** *Love and Other Puzzles:* 3/10. The nun investigates the death of a local resident. (S1) — **8 PM**
9.00 **Silent Witness** *Life Licence:* An ex-convict is found murdered in his home and suspicion immediately lands on a child killer recently released from prison under licence. Guest stars Lyndsey Marshal and Niamh Cusack. — **9 PM**
11.10 **New Tricks** *Nine Lives:* The team reopen an investigation into the death of an elderly woman whose decision to leave her estate to her cats sparked a family feud. — **10 PM**
12.30 AM **Call the Midwife** (S6)
3.05 **to 4.00** AM **Art Detectives**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **(BST) Cops**
9.20 **Murder, She Wrote**
12.20 PM **Blue Bloods** (S8)
5.00 **NCIS: Los Angeles** 8/24. A naval seaman and an arms dealer are discovered dead. **6.00** *Betrayal:* 9/24. Sam investigates al-Qaeda activity. **7.00** *The Debt:* 10/24. Deeks shoots and kills an unarmed man. **8.00** *Higher Power:* 11/24. The team hunt down a device that could destroy Los Angeles. **9.00** *The Watchers:* 12/24. Nell goes undercover at the Department of Defence after a researcher is found dead. (S3)
10.00 **Law & Order: Special Victims Unit** (S24)
2.45 AM **Law & Order: Criminal Intent** (S7)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **(BST) Friends** (S1)
10.00 **Dogs Behaving (Very) Badly** Double bill.
12.00 NOON **Dogs Behaving (Very) Badly: What Happened Next?**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** A foul-mouthed pensioner pushes Barry's patience to the limit. **8.00** Jon retrieves a stolen caravan.
9.00 **FILM There's Something About Mary** Comedy starring Cameron Diaz and Ben Stiller. (1998, 15, 119min) ★★★★
11.25 **X-Rated: Diary of a Stripper** Documentary.
12.25 AM **999: Criminals Caught on Camera**
1.25 **My Lover, My Killer**
2.20 **Skin A&E**
3.10 **to 4.00** AM **Casualty 24/7: Every Second Counts**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **(BST) Winter Road Rescue** Documentary
9.35 **Trucking Hell**
12.30 PM **Outback Truckers**
5.15 **FILM Chief Crazy Horse** Western drama starring Victor Mature. (1955, PG, 88min) ★★
7.10 **FILM High Noon** Western starring Gary Cooper as a small-town marshal determined to stand up to the killer arriving on the midday train. (1952, b/w, U, 85min) ★★★★★
9.00 **FILM The Patriot** Epic period drama starring Mel Gibson, Heath Ledger and Jason Isaacs. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★
12.10 **to 4.00** AM **Mud Mountain Haulers**

U&W

132/133 131/133 125 25 156 28

6.15 AM **(BST) My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance: Coast and Country** Paramedics deal with a woman suffering a suspected heart attack. **7.00** Paramedics attend to a man with a mechanical heart valve.
8.00 **Inside the Operating Theatre** A man needs an ultrasound to confirm whether he has cancer. **9.00** A woman needs an operation to stop her persistent nose bleeds.
10.00 **The Young Midwives of Essex** Student midwives Ruby and Grace prepare for crucial exams. **11.00** The young midwives enjoy a spa day.
12.00 M'T **Bad Girls Behind Bars** Documentary.
1.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **(BST) Great British Railway Journeys**
8.00 **Bangers & Cash**
9.00 **Canal Boat Diaries**
1.00 PM **Martin Clunes: Islands of America**
3.00 **Sacred Rivers with Simon Reeve**
5.00 **Canal Boat Diaries**
7.00 **Dom Chinea's Cornish Workshop**
8.00 **'Allo 'Allo!** Michelle makes plans for Rene to go to England. **8.40** The town's annual Fishmongers' Parade proves a hindrance. **9.20** The general, the colonel and Gruber discuss the plot to blow up Hitler.
10.00 **Bangers & Cash** Jack has his eye on a Peugeot 205 GTI that could be one of the finest examples in the country.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **(BST) Celebrity Fantasy Homes**
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Michelle Collins.
9.00 **Fantasy Homes in the City** From Barcelona.
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** The stories of people searching for siblings, including a reunited pair who then found out they had an older sister.
10.00 **Who Do You Think You Are?** Actor Nigel Havers delves into his family history.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SUNDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **(BST) Home to Roost** 5/7. (S2)
8.30 **The Waltons** (S5)
1.30 PM **The Waltons** (S5&6)
5.30 **FILM Meet Joe Black** Supernatural romantic drama, a remake of *Death Takes a Holiday*, starring Brad Pitt, Anthony Hopkins and Claire Forlani. (1998, 12, 181min) ★★★★
9.00 **FILM The Patriot** Epic period drama starring Mel Gibson, Heath Ledger and Jason Isaacs. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★
12.20 AM **M*A*S*H** (S4)
2.25 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **(BST) Tombstone Territory** 12/40. (S3)
9.30 **FILM Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
11.40 **FILM Sands of Iwo Jima** Adventure. (1949, b/w, PG, 109min) ★★★
2.00 PM **FILM Airport 77** Disaster movie. (1977, PG, 113min) ★★
4.20 **FILM The Proud Rebel** Western drama. (1958, b/w, U, 108min) ★★★
6.35 **FILM Hombre** Western. (1966, PG, 111min) ★★★
9.00 **FILM Killing Salazar** Action adventure. (2016, 15, 95min) ★★
11.15 **FILM Who Dares Wins** Thriller. (1982, 18) ★
1.50 AM **FILM Miami Magma** Sci-fi disaster movie. (2011, 15, 97min) ★★
3.20 **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
5.10 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **(BST) Diagnosis Murder** *Looks Can Kill*.
9.10 **FILM White Hot: A Sandra Brown Mystery** Drama starring Shenae Grimes-Beech. (2016, PG, 89min) ★★
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM **FILM Garage Sale Mysteries: The Art of Murder** Crime thriller starring Lori Loughlin. (2017, PG, 95min) ★★
10.55 **FILM Mystery 101: Playing Dead** Drama starring Jill Wagner. (2019, PG, 90min) ★★
12.50 AM **FILM Fatal Flatline** Drama with Julie McNiven and Jon Abrahams. (2020, PG, 87min) ★★
2.35 **FILM Two Wrongs** Thriller starring Gillian Zinser and Ryan Blakely. (2015, PG, 88min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **(BST) FILM Love and Sunshine** Drama. (2019, PG, 100min) ★★
10.05 **FILM A Winter Getaway** Comedy. (2021, PG, 84min) ★★
12.00 NOON **FILM Love on Iceland** Comedy. (2020, U, 84min) ★★
1.55 PM **FILM A Paris Proposal** Comedy. (2023, PG, 84min) ★★
3.50 **FILM Love in Translation** Drama. (2021, U, 88min) ★★
5.50 **FILM Love Blossoms** Drama. (2017, PG) ★★
7.50 **FILM A Winter Princess** Drama with Natalie Hall. (2019, PG, 82min) ★★
9.40 **FILM Christmas in the Caribbean** Comedy. (2022, PG, 90min) ★★
11.35 **FILM Dashing Home for Christmas** Drama. (2020, PG, 84min) ★★
3.10 **to 5.00** AM **FILM Love In Translation** (2021)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **(BST) Garden Rescue** Documentary.
12.00 NOON **Great British Food** India's influence.
12.30 PM **Alan Cumming's Edge of Scotland**
1.30 **FILM Futtock's End** Silent comedy. (1970, 12, 47min) ★★★
2.30 **FILM The Assassination Bureau** Comedy thriller. (1968, PG, 110min) ★★★
4.45 **FILM The Inglorious Bastards** War thriller. (1978, 15, 99min) ★★★
6.45 **FILM The Magnificent Seven Deadly Sins** Comedy sketches. (1971, PG, 104min) ★★★
9.00 **Me and My Affair**
10.00 **FILM Hussy** Drama starring Helen Mirren. (1979, 18, 94min) ★★
12.00 M'T **FILM Adventures of a Plumber's Mate** Comedy with Christopher Neil. (1978, 18, 88min) ★
2.00 **to 5.00** AM **My Floating Home**

Rewind TV

182 81 141

6.00 AM **(BST) Sherlock Holmes** 17&18/39. (S1)
7.00 **Hank the Cowboy**
7.30 **The Gaffer** (S3)
8.30 **The Dustbinmen**
9.30 **Bubblegum & Cheese**
10.30 **Star Maidens**
11.30 **That's My Dog**
12.00 NOON **The Champions**
2.00 PM **Boon** 2/13. (S4)
3.05 **Space 1999** (S2)
5.15 **The Gaffer** (S3)
6.15 **Agony** (S3)
7.15 **The Dustbinmen** (S2)
8.15 **Boon** 2/13. (S4)
9.20 **McCallum** Drama.
10.25 **FILM Messiah of Evil** Horror with Marianna Hill and Michael Greer. (1973, 18, 89min) ★★
12.15 AM **The Kenny Everett New Naughty Video**
1.50 **Stereo Underground**
2.50 **Mysterious Tales**
2.55 **McCallum** Drama.
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **(BST) Baggage Battles** Eight editions.
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Shorty's Dream Shop**
7.00 **Mysteries of the Deep** Jeremy Wade explores aircraft debris that may be linked to Amelia Earhart's disappearance. **8.00** A ground-breaking scientific discovery about the *Titanic*.
9.00 **Cooper's Treasure** A storm threatens to shut down the operation. **10.00** The team discover ornate artefacts that indicate the location of a 16th-century captain's quarters.
11.00 **Expedition X** Jess and Phil investigate Mackinac Island's mysteries.
12.00 M'T **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **(BST) Diners, Drive-Ins and Dives**
8.00 **Man v Food Nation**
9.30 **Man v Food with Casey Webb** Double bill.
10.30 **Man v Food Nation**
12.00 NOON **Man v Food with Casey Webb**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Great British Bake Off**
9.00 **Adam Richman Eats Britain** Adam ticks 'Yorkshire Pudding in Yorkshire' off his list. **9.30** Adam heads to Kent to try a very special sandwich in Sandwich.
10.00 **Jamie's Comfort Food** Jamie Oliver makes sticky toffee pudding and Italian classic osso buco. **10.30** Chicken Kiev and spaghetti vongole.
11.00 **James Martin's Islands to Highlands**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **(BST) FILM The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
9.00 **T.J. Hooker** (S1&2)
2.00 PM **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
4.40 **FILM In Harm's Way** Epic war drama starring John Wayne. (1965, b/w, PG, 160min) ★★
8.00 **The Twilight Zone** (S5)
9.00 **FILM Below** Horror starring Olivia Williams and Matt Davis. (2002, 15, 101min) ★★★
11.10 **FILM Centurion** Thriller with Michael Fassbender and Dominic West. (2009, 15, 91min) ★★★
1.10 AM **FILM An Eye for an Eye** Martial arts drama starring Chuck Norris. (1981, 15, 106min) ★
3.10 **to 5.00** AM **FILM Memoirs of an Invisible Man** Comedy thriller. (1992, PG, 99min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **(BST) The Twilight Zone** 18&19/37. (S3)
10.00 **FILM Boot Hill** Comedy Western with Terence Hill. (1969, PG, 91min) ★★
12.00 NOON **King Solomon's Mines** 1&2/2. Adventure.
4.00 PM **The Fall Guy** (S3)
9.00 **FILM Airport 77** Thriller starring Jack Lemmon. Hijackers take over a jet carrying art treasures and crash it into the sea. (1977, PG, 113min) ★★
11.10 **FILM Maximum Overdrive** Horror starring Emilio Estevez and Laura Harrington. (1986, 18, 97min) ★★★
1.10 AM **FILM POW: The Escape** Action drama starring David Carradine. (1986, 15, 90min) ★★
3.00 **FILM Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **(BST) Road Wars**
6.25 **Hardcore Pawn**
7.30 **Junk & Disorderly: Henry's Wreck-trospective** Double bill.
9.15 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars**
1.05 PM **Auction Hunters**
4.05 **Storage Wars**
7.00 **Beyond Skinwalker Ranch** The team put Chris Bledsoe to the test.
8.00 **Curse of Skinwalker Ranch** The team ignite a massive bonfire to investigate the Bubble.
9.00 **Death Coast** Jeff and the team move further beyond the breakers.
10.00 **Secrets of the Lost Liners** A look at the *Empress of Britain*.
11.00 **Paranormal: Caught on Camera** Double bill.
1.00 AM **The Proof Is Out There** Triple bill.
4.00 **to 6.00** AM **Britain's Most Historic Towns**

5SELECT

153 166 138 46 133 30

9.00 AM **(BST) The Yorkshire Vet**
9.30 **Abandoned Engineering**
12.30 PM **Columbo** Five episodes, including at: **5.05** *No Time to Die:* A newlywed cop is baffled by his wife's disappearance from their honeymoon suite. **6.55** *It's All in the Game:* An unlikely romance develops between Columbo and a wealthy socialite he suspects of murdering her lover.
9.00 **The Most Embarrassing Reality TV Moments** Memorable tantrums and meltdowns from reality TV shows.
11.00 **Taggart** *Death Benefits:* The wife of a sergeant is murdered while her husband is on duty.
2.45 AM **The Great Plague with Rob Rinder & Ruth Goodman**
3.10 **to 4.00** AM **The Hotel Inspector**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **(BST) The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable** Quiz show.
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Martin Roberts, Tracy Edwards, Debbie McGee and Duncan James take part. **6.00** With Faye Tozer, Jamie Theakston, Ben Cohen and Sara Pascoe.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Natalie Anderson, Patsy Kensit, Esther Rantzen and Brian McFadden.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
3.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **(BST) Young Sheldon** 9-14/21. (S3)
10.00 **The Big Bang Theory**
8.00 PM **Georgie and Mandy's First Marriage** New episode 21/22. Georgie panics when he learns that Jim is considering selling the tyre store to his rival. **8.30** Series finale 22/22. Tensions rise when Georgie finds out the truth about Mandy's boss. (S1)
9.00 **Mock the Week** Series finale 9/9. Satirical panel show hosted by Dara O Briain.
10.00 **Zero Stars First Look**
10.15 **Mock the Week**
11.15 **Young Sheldon**
11.45 **Dr Pimple Popper**
1.45 AM **Say Yes... Atlanta**
2.15 **My 600lb Life**
4.15 **Say Yes... UK**
5.15 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **(BST) Stupid Central**
9.00 **Impractical Jokers**
10.30 **Friends** (S8&9)
7.55 PM **Friends** 13/24. Ross enlists Chandler to help him make Rachel jealous. **8.30** 14/24. Joey and Phoebe play Cupid. (S9)
9.00 **FILM Twins** Action comedy starring Arnold Schwarzenegger. (1988, PG, 107min) ★★★
11.05 **8 Out of 10 Cats Uncut**
12.45 AM **Whose Line Is It Anyway? USA**
1.15 **Kevin Hart: Comedy Central Live** Stand-up
2.45 **Lee Evans: Live in Scotland** Stand-up.
3.15 **Rosie Jones Tries to Help** Harriet Kemsley.
3.20 **Fat Chat with Desiree Burch** With Helen Bauer.
3.30 **Iain Stirling's Roast the Internet**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **(BST) Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Friends** 3-6/24. (S9)
11.10 **Everybody Loves Raymond** (S8)
2.10 PM **Criminally Funny**
9.00 **Friends** 14/18. Rachel attends a job interview. **9.30** 16/18. The gang throw a going-away party for Rachel. (S10) **10.00** 1/24. First-ever episode of the comedy. **10.30** 3/24. Monica shows off her new boyfriend to the gang. **11.00** 4/24. The girls spy on a neighbour. **11.30** 5/24. Phoebe and Chandler make a pact to break up with their partners. (S1)
12.00 M'T **Friends** (S1)
2.00 AM **New Girl** (S3)
3.00 **The Daily Show**
4.50 **South Park** (S16)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **(BST) That's 60s**
8.25 **On the Buses** 6/6. (S2)
8.55 **Are You Being Served? Again!** 1-4/6. (S1)
11.15 **Rising Damp** (S2)
3.00 PM **Rising Damp Xmas 1975** 8/8. (S2)
3.25 **Steptoe and Son**
6.55 **Minder** Double bill. (S1)
9.00 **Benidorm** 3/9. Joyce turns to Lesley to help out with her meat problem. (S9)
9.55 **Shameless** 13/16. The Gallagher family is thrown into crisis. (S6)
10.55 **Man About the House**
11.25 **Rising Damp** (S1)
1.55 **Benidorm** 3/9. (S9)
12.55 AM **Minder** 4/13. (S3)
2.00 **In Sickness and in Health** 5/6. (S2)
2.30 **Man About the House**
3.55 **Duty Free** 2/7. (S1)
3.20 **That's 60s**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Cumbria Coast Rail**

MTV

126/127 137 134 351 366

6.00 AM **(BST) MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Tony met Tiana two years ago and became smitten with her, but big red flags send him to Catfish for help.
9.00 **Teen Mom UK: Next Generation** Whitney gets a surprise.
10.00 **Tattoo Fixers**
11.00 **Ink Master**
12.00 M'T **Dating Naked**
1.00 AM **Caught in the Act: Double Life**
2.00 **Sleeping with My Murderer** Mark Sinclair.
2.45 **My Lover, My Killer**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **(BST) Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys are under pressure to fix an earthquake-ravaged foundation.
1.00 PM The Raneys enter the shadow of Mount Denali, where Marty, Misty and Matt must address food, water and shelter concerns.
3.00 The Raneys battle still-frozen ground to secure water and food stores.
5.00 The Raneys scramble to ready their own 40-acre homestead for winter.

10.00 Wheeler Dealers

7.00 Moonshiners New edition Tim goes full outlaw, only to discover the dark side of working with a Kentucky shine boss.

8.00 Moonshiners: Master Distiller New edition Three distillers compete head-to-head to craft sour mash whiskey.

9.00 Barnwood Builders The team go the extra mile to save the antique logs from a Tennessee home.

10.00 Wheeler Dealers After years of searching, Mike has found the ultimate 1980s hot hatch – the Renault 5 GT Turbo.

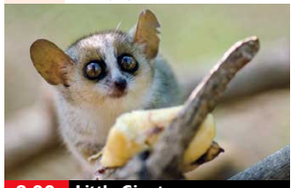
11.00 Truck Dynasty A repeat client has a wild request.
12.00 M'T **Shorty's Dream Shop** Shorty and the team turn the shell of a 1967 Nova into a mean street machine.
1.00 AM **Shorty's Dream Shop**
3.00 to 5.00 AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **(BST) My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat ruining a couple's tranquil lives.
4.00 A photographer's business is at risk due to his cat.
5.00 **Treehouse Masters** A barn-like birdhouse built for two retirees in Wisconsin.
6.00 **Wild Appalachia** The rarely-seen wildlife of America's most popular forests.



8.00 Little Giants

7.00 How Do Animals Do That? How hyenas can eat pretty much anything.
7.30 A squirrel's ability to hide up to 10,000 nuts.

8.00 Little Giants A search for the ferocious mouse lemur of Madagascar.
8.30 A hunt for the flying dragon in Thailand.

9.00 Alaska: Surviving the Last Frontier Following four groups of ordinary people as they travel into the wilderness of Alaska.

10.00 Tanked Brett Raymer and Wayde King are asked to create an iconic doughnut-shaped tank.

11.00 Alaska: The Last Frontier The Kilchers expand a road with the help of a detonation expert.
12.00 M'T **Fish or Die**
1.00 AM **Blue Serengeti**
2.00 Expedition Bigfoot
3.00 Surviving Joe Exotic
4.00 to 5.00 AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **(BST) Ice Road Rescue**
10.00 **Yukon Rescue**
11.00 **World's Greatest Train Journeys from Above**
1.00 PM **Air Crash Investigation**
3.00 **Airport Security: Rome** The police suspect a man is packing narcotics below the belt.
4.00 A suitcase is discovered with a hidden compartment.
5.00 **Inside Airport Lost & Found** Items misplaced at airports.
6.00 **Destruction Decoded** The stories behind 10 infamous train and plane disasters.

10.00 Car S.O.S

7.00 Seconds from Disaster The Concorde tragedy in 2000, when the aircraft burst into flames 60 seconds after taking off.

8.00 Air Crash Investigation Aviation experts try to determine what went wrong when a Concorde exploded into flames.

9.00 Planes That Changed History New edition A look at how Concorde left its mark on history.

10.00 Car S.O.S Tim Shaw and Fuzz Townshend tackle a 1973 Triumph Bonneville motorbike belonging to a former postmaster.

11.00 Car S.O.S Tim and Fuzz restore a VW Polo G40.
12.00 M'T **Decoding History's Prophecies** The stories of Nostradamus, a legendary portal to hell, and the first case of stigmata.
1.00 AM **Colossal Machines**
3.00 to 5.00 AM **Strangest Things**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **(BST) Britain's X Files**
7.00 **Great British Castle Rescue**
8.00 **Storage Wars** Six editions.
11.00 **Pawn Stars** Triple bill.
2.00 PM **Container Wars** Four editions, including at:
3.30 Mo and Ty argue over the contents of a container.
4.00 **Secrets in the Ice** Human remains found on Mount Cook.
5.00 An island boasting giant whale bones and skulls.
6.00 An unusual man-made rock formation in the remote Altai Mountains of Russia.

7.00 Killer Kings

7.00 Killer Kings The story of Emperor Nero, whose reign endured for 14 years until a rebellion was orchestrated against him.

8.00 Killer Kings Herod the Great, who tried to remove his rival by ordering the execution of all male infants in Bethlehem.

9.00 Ancient Aliens Exploring RAF Rudloe Manor, a suspected epicentre of British research into UFOs since World War Two.

10.00 Ancient Aliens A look into unexplained phenomenon in Britain, from Stonehenge to crop circles and UFO sightings.

11.00 History's Deadliest with Ving Rhames The actor explores the most prolific and powerful forces of death.
12.00 M'T **Mysteries Unearthed with Danny Trejo** The world's most significant discoveries.
1.00 AM **The UnBelievable with Dan Aykroyd**
2.00 Secrets in the Ice
5.00 to 6.00 AM **Killer Kings**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **(BST) Discovering: Frances McDormand**
7.00 **Discovering: Meg Ryan**
8.00 **The Directors**
9.00 **MoviePass, MovieCrash**
10.50 **Rise of the Superheroes**
1.00 PM **Jackie Stewart** Documentary about Formula 1 great Jackie Stewart.
3.00 **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
5.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.

9.00 Blur: To the End

7.00 Bobby Robson: More Than a Manager Documentary exploring the career of the much-loved former England, Newcastle United and Barcelona manager.

9.00 Blur: To the End Documentary tracing the relationship of the band's members over the course of three decades as they come together to record 10 new songs ahead of a show at Wembley Stadium.

11.00 Jealous Guy: The Assassination of John Lennon An exploration of the life of the Beatles superstar, with a look at the strange parallels between him and his killer Mark David Chapman.
12.50 AM **Dave Not Coming Back**
2.50 King of Lies: Football's Greatest Con Documentary.
4.40 My Icon: Rachel Yankey
5.00 to 6.00 AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **(BST) Find It, Fix It, Flog It** Triple bill.
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House**
8.00 **The Repair Shop** The team restore a soft toy owl and a wall clock.
9.00 A pinball machine is given a makeover.
10.00 The team restore a soldier's trunk, a Persian tea set and a pair of roller skates.
11.00 The team restore a childhood puppet and an unusual timepiece.
12.00 M'T Restoring a musical menorah and a sewing box.
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **(BST) Forensic Detectives** Double bill.
9.00 **FBI Files** True-crime.
11.00 **Faking It: Tears of a Crime** Ben Butler.
12.00 NOON **FBI Files**
3.00 PM **Evil Lives Here**
7.00 **Evil Lives Here: The Killer Speaks**
8.00 **Evil Lives Here** A man's wife begins to suspect that his bondage fetish is morphing into something more sinister.
9.00 **A Killer's Mistake** The disappearance of Denise Williams' husband leaves her devastated.
10.00 **Evil Lives Here** Stories of people who discovered they lived with a killer.
11.00 **Faking It: Tears of a Crime** Trimaan Dhillon.
12.00 M'T **The Victorian Murder Files**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **(BST) Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** A series of seemingly random shootings that terrorised East Point.
7.00 **48 Hours** Reggie Reed has wrestled with the question of who killed his mother for decades.
8.00 **Britain's Almost Perfect Murders** Nurse Beverley Allitt, who murdered four children and harmed nine more.
9.00 **Murder UK** The story of how Elliot Turner murdered Emily Longley after she rejected him.
10.00 **Fatal Fraud** A couple set up a weapons business in West Virginia, leading to a fatal end.
11.00 **Cult Justice**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **(BST) Medical Detectives** Four editions.
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **48 Hours**
2.00 PM **Murder by the Sea**
4.00 **Murder in Mind**
5.00 **Millionaire Murders**
6.00 **Judge Judy** Back-to-back real-life cases, including at:
10.10 After losing an election, a couple accuse winning union members of sending out 800 defamatory flyers.
10.35 A college junior is caught red-handed when a misspelled word is keyed onto a car.
11.00 When a child is arrested at school, his parents fight over attorney fee costs.
11.25 **Judge Judy**
2.00 AM **Murder in Mind**
3.00 **Millionaire Murders**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **(BST) A1: Britain's Longest Road** Triple bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **The Murderer & Me**
4.20 **Killer in My Village**
5.15 **Britain's Most Evil Killers** Double bill.
7.05 **Forensics: Catching the Killer** The murder of Margaret Gardiner.
8.00 **Murder Next Door**
9.00 **Who Killed Robert Wone** Double bill.
11.50 **World's Most Evil Killers**
12.55 AM **Murdered at First Sight** The case of a 19-year-old hitch-hiker.
2.00 **World's Most Evil Killers**
3.00 **The Real CSI: Miami**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **(BST) Weathered: Earth's Extremes**
8.50 **France: The Post War Recovery** 1&2/2.
11.00 **RAF at 100 with Ewan and Colin McGregor**
1.00 PM **Weathered: Earth's Extremes**
1.35 **The War** Five editions.
7.15 **RAF at 100 with Ewan and Colin McGregor** The actor and his former pilot brother present a celebration of the RAF's centenary.
9.10 **France: The Post War Recovery** 1/2. French industry and agriculture in the wake of World War Two.
10.20 2/2. A look at how division hindered France's recovery after World War Two.
11.25 **Weathered: Earth's Extremes**
12.00 M'T **to 2.00** AM **RAF at 100 with Ewan and Colin McGregor**

SUNDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **(BST) Animal Empires**
8.00 **Undiscovered Vistas**
10.00 **Arctic from Above**
11.00 **Snow Leopards with Dan O'Neill** Double bill of editions.
1.00 PM **Wild Castles**
2.00 **Land of Primates**
3.00 **Macaque Island**
6.00 **Wolves and Lions: Old Enemies** New edition Exploring how canids and felines deploy an arsenal of hunting skills.
7.00 **Great Barrier Reef with David Attenborough** Unlocking the secrets of the natural wonder. **8.00** Exploring the shark-infested waters of Osprey Reef. **9.00** The future of the reef.
10.00 **Woodpeckers: The Hole Story** Exploring the unique abilities of the woodpecker to reveal what makes this bird so special.
11.00 **Wolves and Lions: Old Enemies** As shown at 6.00pm.
12.00 M'T **Beasts of the Big Blue**
2.00 AM **Mysteries of Evolution**
3.00 **Loons: A Cry from the Mist**
4.00 **to 6.00** AM **Africa's Wild Horizons**

Sky History 2

163/168 143 186

6.00 AM **(BST) Ancient Aliens**
8.00 **Combat Machines**
10.00 **Digging for Britain**
1.00 PM **Weird Britain**
2.00 **Ancient Aliens** Double bill.
4.00 **Life After People**
7.00 **Behind History** The most significant breakthroughs.
8.00 **Forbidden History** Experts use forensic archaeology to unlock the secrets of an advanced, lost civilisation.
9.00 **Secrets in the Dark** Double bill of the documentary exploring the intersection of science and the supernatural.
11.00 **Ancient Aliens** How ancient aliens may have helped to guide and define mankind. **12.00** M'T Investigating what the God Particle reveals about the origins of the world.
1.00 AM **Discovered by Disaster**
3.00 **Craig Charles: UFO Conspiracies**
4.00 **Conspiracy Files: Unsealed**
4.30 **Conspiracy: Bio-Hazard Island**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **(BST) The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Double bill.
1.00 PM **How Do They Do It?**
1.30 **How It's Made: Dream Cars**
2.00 **Street Science** Four editions.
4.00 **Truth Behind the Moon Landing** Double bill.
6.00 **How It's Made** Four editions.
8.00 **Mysteries of the Deep** Jeremy investigates one of the Bermuda Triangle's most infamous disappearances.
9.00 **Blowing Up History** The secrets behind the world's most perfectly preserved mummy. **10.00** The secrets of Emperor Nero's palace built in Rome. **11.00** Revealing the secrets of the Lighthouse of Alexandria.
12.00 M'T **Alien Highway** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **How It's Made: Dream Cars**
5.00 **How Do They Do It?**
5.30 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **(BST) Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Rob Rinder's Interrogation Secrets**
2.00 PM **Cops Who Kill with Will Mellor** Double bill.
4.00 **Buried in the Backyard** Four editions, including at: **7.00** When a student vanishes, a female detective must confront the prejudices of the time.
8.00 **Murder at the Motel** Fire crews tackle a blaze in a motel.
9.00 **Cold Case Files** A woman is found stabbed in her home. **10.00** The murder of 15-year-old Reesa Trexler.
11.00 **Tell Me How I Died**
12.00 M'T **Murder on Trial**
1.00 AM **Cold Case Files**
2.00 **Ross Kemp: Lost Boys, Deadly Men** New edition Ross investigates Elianne Andam's murder in 2023.
3.00 **Accident, Suicide or Murder?**
4.00 **to 6.00** AM **Motive to Murder**

+1hour 256 333

WILD

165 145 182

8.00 AM **(BST) The Incredible Dr Pol**
10.00 **Born in Africa** Triple bill.
1.00 PM **Malika the Lion Queen**
3.00 **Man Among Cheetahs**
4.00 **Secrets of the Zoo: North Carolina** Double bill.
6.00 **Critter Fixers: Country Vets** New edition The vets try to be patient when they treat a goat with bloating and help a snake that refuses to feed.
7.00 **Kingdom of the Polar Bears** Following polar bears on the sea ice of Hudson Bay. **8.00** Following the mother bear and her two cubs.
9.00 **Wild Yellowstone** 1/2. Profiling the national park's diverse range of wildlife. **10.00** 2/2. Grizzly bears emerge from mountain dens to face off fierce competition as they roam for food.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Documentary.
1.00 AM **Lawless Island**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **(BST) Shed and Buried**
9.00 **Salvage Hunters**
12.00 NOON **Combat Dealers: Reloaded** Triple bill of editions.
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Uncovering what caused the Nazi Hindenburg aircraft to explode. **7.00** A look at how cutting-edge technology is helping experts to investigate the Bermuda Triangle. **8.00** Experts examine the origin of the pyramids in Sudan, the ruins of a lost civilisation that once rivalled Egypt.
9.00 **Salvage Hunters: The Restorers** Sculptor Nick works on a fairground centrepiece. **10.00** French polisher Alex is challenged to rescue a bed. **11.00** Sculptor Nick is tasked with transforming a pair of headless garden ornaments.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Expedition Volcano**
11.40 **Expedition Borneo**
2.40 PM **Expedition Volcano**
5.20 **Expedition Borneo**
7.20 **Secret Army** *Prisoner of War:* 12/13. London desperately tries to get hold of a Luftwaffe pilot captured by Lifeline. **8.30** *Day of Wrath:* 13/13. De Beers' plans endanger the lives of volunteers, jeopardising Lifeline from within. (S2)
9.40 **Expedition Volcano** 1/2. Following scientists studying volcanos in the Democratic Republic of Congo, starting with Nyiragongo, which has erupted twice in the past 50 years. **11.00** 2/2. The team take a helicopter to an active volcano in the Democratic Republic of Congo that is surrounded by forests which provide cover for militant groups.
12.20 AM **Expedition Borneo**
3.15 **Secret Army**
5.05 **to 6.00** AM **Expedition Volcano**

+1hour 266 376

ID

154 140 166

8.00 AM **(BST) On the Case with Paula Zahn** Double bill.
10.00 **Southern Fried Homicide**
12.00 NOON **American Monster**
4.00 PM **Evil Lives Here: Shadows of Death** Double bill.
6.00 **Disappeared** The case of 13-year-old Tabitha Tuders. **7.00** The case of physical therapist Holly Cantrell, who vanished in January 2017 in McAlester, Oklahoma.
8.00 **Mean Girl Murders** Behind closed doors, envy, greed and lust take over a congregation.
9.00 **The Murder of Arthur Labinjo-Hughes: A Faking It Special** Investigating the murder of a six-year-old boy.
10.00 **A Killer Among Friends** A killer murders a 19-year-old rising star in her home.
11.00 **Murder Under the Friday Night Lights** True-crime.
12.00 M'T **Evil Lives Here**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **(BST) World's Greatest Motorcycle Rides** Triple bill.
10.00 **Three Men Four Wheels**
11.00 **Bad Chad Customs**
12.00 NOON **Ant Anstead: Born Mechanic** Five editions.
5.00 PM **Shed and Buried** Henry and Sam return to Northern Ireland. **5.30** The duo visit the largest sidecar manufacturer in Britain. **6.00** A visit to a man who's been collecting cars since 1963. **6.30** A visit to one of Britain's biggest dealers in milk floats.
7.00 **Wheeler Dealers** Mike nabs a bargain Ford Focus ST. **8.00** Mike tracks down the ultimate 1980s hot hatch – the Renault 5 GT Turbo. **9.00** Mike manages to find one of only 1,000 Mini Cooper S MC40s ever made. **10.00** A Citroën 2CV. **11.00** Mike tracks down a BMW Isetta bubble car. **12.00** M'T A Mini Moke.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

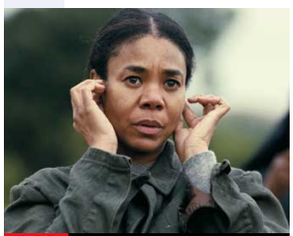
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **(BST) Pets on a Train** Animated family adventure. (2025, PG, 87min) ★★★
7.30 **Hostages** As 4.10pm.
9.05 **Superman** As 5.45pm.
11.20 **One Battle After Another**
2.10 PM **On Swift Horses** Drama. (2024, 15, 119min) ★★★
4.10 **Hostages** Comedy thriller. (2025, 15, 90min) ★★★
5.45 **Superman** Fantasy adventure starring David Corenswet. (2025, 12, 129min) ★★★★



8.00 One Battle After Another

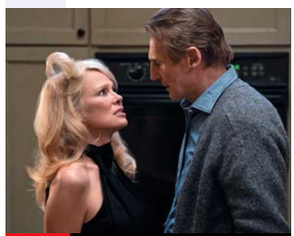
8.00 **One Battle After Another** Paul Thomas Anderson's Oscar-winning action thriller loosely based on Thomas Pynchon's novel *Vineland*, starring Leonardo DiCaprio. A washed-up revolutionary tries to find his missing daughter when his evil nemesis resurfaces. With Sean Penn, Benicio del Toro and Regina Hall. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
12.40 AM **Coyotes** Comedy thriller starring Mila Harris and Justin Long. (2025, 15, 105min) ★★★
2.25 **Adulthood** Black comedy starring Josh Gadd, Kaya Scodelario and Billie Lourd. (2025, 15, 97min) ★★★
4.15 **to 6.00** AM **Sketch** Fantasy comedy starring Tony Hale. (2025, 12, 93min) ★★★★

Sky Cinema Fun

303 303 403 503 517

6.00 AM **(BST) Bye Bye Birdie** Musical. (1963, PG) ★★★
8.05 **Dumb and Dumber** (1994)
10.00 **Dumb and Dumberer: When Harry Met Lloyd** As 4.00am.
11.35 **Blades of Glory** (2007) ★★★
1.15 PM **The Hangover** (2009)
3.00 **The Hangover Part II** Comedy sequel. (2011, 15, 101 min) ★★
4.45 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
6.30 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★



6.30 The Naked Gun

8.00 **The Naked Gun** Spoof thriller starring Leslie Nielsen. LA's most inept detective tries to foil an assassination attempt on Queen Elizabeth II. (1988, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel starring Leslie Nielsen as the world's least competent cop. With Priscilla Presley and OJ Simpson. (1991, 15, 81 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel starring Leslie Nielsen. (1994, 12, 83min) ★★★
12.30 AM **Jackass 3** Comedy sequel starring Johnny Knoxville. (2010, 15, 93min) ★★
2.10 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.00 **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel. (2003, 12, 85min) ★
5.35 **to 7.10** AM **Blades of Glory**

Sky Cinema Drama

310 310 410 510 524

7.00 AM **(BST) Finding You** Drama. (2021, PG, 119min) ★★
9.15 **The Friend** As 12.00m't.
11.15 **The Room Next Door** (2024)
1.05 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
3.25 **Joker: Folie à Deux** Musical thriller with Joaquin Phoenix. (2024, 15, 138min) ★★★★
5.45 **It Ends with Us** Drama. (2024, 15, 125min) ★★★

8.00 **About Time** Romantic comedy fantasy from writer-director Richard Curtis, starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. With Bill Nighy. (2013, 12, 120min) ★★★
10.05 **Miss You Already** Romantic comedy drama starring Drew Barrymore and Toni Collette. (2015, 12, 112min) ★★★
12.00 M'T **The Friend** Drama. (2024, 15, 120min) ★★★★

2.00 AM **Pretty in Pink** Comedy drama starring Molly Ringwald. (1986, 15, 99min) ★★★★
3.40 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
5.30 **to 7.35** AM **Valentine's Day** Comedy with Ashton Kutcher. (2010, 12, 125min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **(BST) InnerSpace** Comedy thriller. (1987, PG, 119min) ★★★
8.10 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
9.50 **Anacondas: The Hunt for the Blood Orchid** Adventure sequel. (2004, 12, 97min) ★
11.30 **The Crazies** Horror thriller. (2010, 15, 101 min) ★★★★
1.15 PM **Children of Men** Thriller. (2006, 15, 109min) ★★★★★

3.15 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
5.40 **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★
8.00 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
10.00 **Bone Lake** Comedy thriller starring Alex Roe. A couple's holiday is upended when they are forced to share a mansion with a mysterious couple. (2024, 18, 95min) ★★★

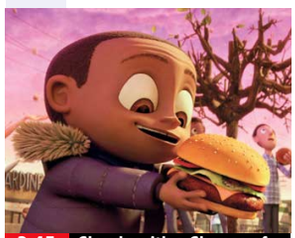
11.45 **Blade** Action adventure chiller. (1998, 18, 121 min) ★★★
2.50 AM **From Dusk Till Dawn** Horror. (1995, 18, 108min) ★★★★
3.40 **The Running Man** Adventure. (1987, 18, 101 min) ★★★
5.25 **to 6.10** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **(BST) Paul Blart: Mall Cop 2** Comedy. (2015, PG) ★★
7.40 **Teenage Mutant Ninja Turtles: Out of the Shadows**
9.40 **The Borrowers** (1997) ★★★★
11.10 **The Golden Compass** (2007)
1.10 PM **Madagascar: Escape 2 Africa** (2008, PG) ★★★
2.45 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
4.20 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
6.00 **Turbo** (2013, U) ★★★★



2.45 Cloudy with a Chance of...

7.50 Babe Comedy about a talking pig who wants to be a sheepdog, starring James Cromwell and Magda Szubanski. (1995, U, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 Stardust Fantasy comedy starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 Teenage Mutant Ninja Turtles: Out of the Shadows Fantasy adventure sequel. (2016, 12, 112min) ★★★
1.35 AM **It Takes Two** Family comedy starring Kirstie Alley. (1995, U, 97min) ★
3.20 **Boonie Bears: Guardian Code** Animated adventure. (2023, PG, 96min) ★★★
5.00 **to 6.30** AM **Super Charlie** Animated family adventure. (2025, PG, 82min) ★★★

Sky Cinema Action

306 306 407 507 521

6.00 AM **(BST) Hondo** Western. (1953, PG, 84min) ★★★★
7.30 **Rumble in the Bronx** Action comedy. (1996, 15) ★★★
9.00 **Troy** Drama. (2004, 15) ★★★
11.50 **Justice League** (2017, 12) ★★
2.00 PM **Twister** (1996, PG) ★★★
4.00 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
6.00 **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★

4.00 Raiders of the Lost Ark

8.00 Indiana Jones and the Last Crusade Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. With Denholm Elliott. (1989, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Indiana Jones and the Kingdom of the Crystal Skull Steven Spielberg's action adventure starring Harrison Ford, Cate Blanchett, Karen Allen and Shia LaBeouf. (2008, 12, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
1.50 **The Toxic Avenger** Horror comedy. (2023, 18) ★★★
3.35 **A Fistful of Dollars** Western. (1964, 15, 96min) ★★★★★
5.20 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **(BST) Arthur's Whisky** Comedy. (2023, PG) ★★★
7.40 **Jackass Presents: Bad Grandpa** As 2.45am.
9.25 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
10.55 **You've Got Mail** (1998) ★★★
1.05 PM **Bridget Jones: Mad About the Boy** (2024) ★★★★
3.10 **Mean Girls** (2004, 12) ★★★★
4.50 **Zoolander** (2001, 12) ★★★★
6.25 **Big Daddy** Comedy. (1999, 12, 95min) ★★★

4.50 Zoolander

8.00 Bridget Jones's Baby Comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Patrick Dempsey and Emma Thompson. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The 40-Year-Old Virgin Comedy starring Steve Carell. The workers in an electrical shop coach their 40-year-old colleague in the art of seduction. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.45 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
3.30 **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
5.20 **to 7.20** AM **Miss Congeniality 2: Armed and Fabulous** Comedy. (2005, 12, 113min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **(BST) To Catch a Thief** Hitchcock comedy thriller. (1955, PG, 102min) ★★★★
8.50 **The Accountant** As 5.45pm.
11.10 **Murder by Numbers** (2002)
1.20 PM **The Equalizer 2** Thriller sequel. (2018, 15, 121min) ★★★
3.30 **Red Dragon** Crime thriller starring Edward Norton. (2002, 15, 124min) ★★★
5.45 **The Accountant** Thriller with Ben Affleck and Anna Kendrick. (2016, 15, 123min) ★★★

10.05 Sleepers

8.00 Ocean's Thirteen Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Al Pacino. Charismatic thief Danny Ocean and his hand-picked gang of crooks plot their revenge against a casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Sleepers Fact-based drama starring Kevin Bacon, Robert De Niro Jason Patric and Brad Pitt. Years after being abused by guards at a reform school, four former friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Murder by Numbers** Thriller with Sandra Bullock. (2002, 15, 120min) ★★★
2.45 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★★
4.50 **to 6.40** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **(BST) Those Magnificent Men in Their Flying Machines** Vintage comedy adventure. (1965, U, 126min) ★★★
1.50 PM **First Knight** Drama. (1995, PG, 134min) ★★★
4.30 **Hidden Figures** Fact-based drama starring Taraji P Henson. (2016, PG, 127min) ★★★★
7.05 **Men in Black II** Sci-fi action comedy sequel with Will Smith. (2002, PG, 88min) ★★★

7.05 Men in Black II

Men in Black II (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Transporter 2 Thriller sequel starring Jason Statham. A highly-skilled professional driver sets out to rescue the kidnapped son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Darkman Fantasy thriller starring Liam Neeson. A disfigured scientist begins a new life as a shadowy superhero. With Frances McDormand. (1990, 18, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 **to 3.20** AM **The Northman** Historical action adventure starring Alexander Skarsgård. (2022, 15, 137min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.50 AM **(BST) Journey 2: The Mysterious Island** As 5.00am.
8.30 **Bookworm** Comedy adventure. (2024, 12, 103min) ★★★★
10.20 **Men in Black II** As 10.15pm.
11.55 **Men in Black 3** Comedy sequel. (2012, PG, 105min) ★★★★
1.55 PM **Superman** As 8.00pm.
4.15 **A Minecraft Movie** Fantasy adventure starring Jack Black. (2025, PG, 101min) ★★★

6.00 **Pokemon: Detective Pikachu** Adventure with Justice Smith. (2019, PG, 100min) ★★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton tries to protect Earth from evil genius Lex Luthor. (2025, 12, 129min) ★★★★
10.15 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★
11.45 **Pokemon: Detective Pikachu**

2.35 AM **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel. (2003, U, 84min) ★★★
3.00 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
5.00 **to 6.40** AM **Journey 2: The Mysterious Island** Fantasy sequel. (2012, PG, 94min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.00 AM **(BST) The Natural** Sports drama. (1984, PG, 137min) ★★★
8.30 **The Last Starfighter** As 2.50am.
10.20 **The Lawnmower Man** (1992)
12.45 PM **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
2.25 **Mad Max 2** Action thriller sequel. (1981, 18, 95min) ★★★★
4.10 **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★

6.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
8.00 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox. (1989, PG, 107min) ★★★
9.50 **Back to the Future Part III** Time-travel comedy adventure sequel starring Michael J Fox. (1990, PG, 112min) ★★★★
11.50 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★

2.50 AM **The Last Starfighter** Sci-fi adventure with Lance Guest. (1984, PG, 100min) ★★★
3.35 **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
5.35 **to 8.00** AM **The Lawnmower Man** Thriller with Pierce Brosnan. (1992, 15, 105min) ★★★

Sky Cinema Animation

312 315 405 500 514

6.00 AM **(BST) Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★
7.20 **The Ogglies** (2021, PG) ★★★
8.50 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
10.50 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
12.25 PM **The Lego Movie** Animation. (2014, U, 100min) ★★★★★

2.15 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
4.00 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
5.40 **Smurfs** Animated fantasy comedy. (2025, PG, 89min) ★★
7.25 **Flushed Away** Animated comedy. (2006, U, 85min) ★★★★
9.00 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
10.50 **Into the Wonderwoods** Animated family adventure. (2024, U, 81min) ★★★

12.25 AM **Rebellious** Animated fantasy. (2024, PG, 94min) ★★★
2.10 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
3.30 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
4.55 **to 6.30** AM **Batman Unlimited: Monster Mayhem** (2015) ★★★

Disney+ Cinema

305 305

6.00 AM **(BST) The Princess Diaries** Comedy. (2001, U, 115min) ★★★
8.00 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
9.50 **The Sorcerer's Apprentice**
11.45 **Bambi** Disney's classic cartoon. (1942, U, 69min) ★★★★★
1.00 PM **Mufasa: The Lion King** Musical drama prequel featuring the voice of Aaron Pierre. (2024, PG, 118min) ★★★★

3.00 **Father of the Bride** Comedy. (1991, PG, 105min) ★★
4.50 **The Sorcerer's Apprentice** Action fantasy starring Nicolas Cage and Jay Baruchel. (2010, PG, 109min) ★★★★
6.40 **John Carter** Sci-fi fantasy adventure starring Taylor Kitsch. (2012, 12, 126min) ★★★
9.00 **(500) Days of Summer** Offbeat romantic comedy starring Joseph Gordon-Levitt and Zooey Deschanel. (2009, 12, 95min) ★★★★

10.35 **The Maze Runner** Adventure. (2014, 12, 110min) ★★★
12.35 AM **The Mighty Ducks** Sports comedy. (1992, PG, 103min) ★★
2.20 **Hitchcock** Biopic with Anthony Hopkins. (2012, 12, 94min) ★★★
4.05 **to 6.00** AM **The Sorcerer's Apprentice** As 4.50pm.

Talking Pictures

328 445 82 306 36

6.00 AM **(BST) Lighthouse** Drama. (1947, b/w, PG, 62min) ★★
7.15 **Beyond the Time Barrier** Sci-fi adventure with Robert Clarke. (1960, b/w, U, 74min) ★★
8.45 **Sitting Bull** Western drama. (1954, U, 106min) ★★
10.50 **The Beverly Hillbillies** (S2)
11.20 **The Battle of the Rails** Drama. (1946, PG, 85min) ★★
1.00 PM **Batman** 57/60. (S2)

1.30 **Pollyanna** Family drama.
3.30 **Give Us a Clue** Game show.
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Hannay** 2/7. (S2)
7.00 **That's My Boy** 2/9. (S2)
7.30 **The Vise** 26/26. (S2)
8.00 **Sergeant Cork** 10/13. (S3)
9.05 **Who Do You Do?**
9.40 **Abigail's Party: Play for Today**
11.50 **The Heritage Chart Show**
12.55 AM **The Adventures of Sadie** Comedy starring Joan Collins. (1953, U, 87min) ★★

2.25 **Food Flash: Chester Orange Juice** Short promotional film.
2.30 **Burke's Law** 5/32. (S1)
3.30 **The Rogues** 8/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 13/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

8 PM
9 PM
10 PM
11 PM

Sunday

Sky Sports Main Event

401 401 501 419 439

8.00 AM **(BST) Formula 1** Analysis.
9.00 **Ted's Notebook**
9.30 **Formula 1** Japanese Grand Prix.
10.30 **Ted's Notebook**
11.00 **LIVE WSL** Chelsea v Aston Villa. The women's top-flight match at Kingsmeadow. Kick-off **12.00noon**.
2.30 PM **LIVE Scottish Women's Cup** Glasgow City v Rangers. Coverage of the final from Fir Park in Motherwell. Kick-off **3.00pm**.
5.00 **LIVE Super League** Leeds Rhinos v Warrington Wolves. Coverage of the match from AMT Headingley Stadium. Rhinos claimed a 36-12 victory in last season's corresponding fixture. Kick-off **5.30pm**.
7.45 **Behind the Ropes**
8.15 **LIVE PGA Tour Golf** Coverage of day four of the Texas Children's Houston Open at Memorial Park Golf Course in Houston, Texas.
11.00 **LIVE LPGA Tour Golf** Coverage of day four of the Ford Championship held at Whirlwind Golf Club in Phoenix, Arizona.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **(BST) PL Greatest Games**
7.00 **Transfer 360** Double bill.
8.00 **Premier League Stories**
8.30 **The Big Interview**
9.00 **The Sunday Supplement**
11.00 **LIVE WSL** West Ham United v London City Lionesses. Coverage of the women's top-flight match staged at Chigwell Construction Stadium. Kick-off **12.00noon**.
2.30 PM **SNF** Everton v Chelsea.
3.00 Leeds United v Brentford.
3.30 **Premier League Stories**
4.00 **LIVE ePremier League Finals** Coverage of the opening day of the eSports tournament, as clubs face off in elimination rounds. Tekkz and Bonanno are back-to-back reigning champions.
9.30 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's Bolton team of the early 2000s in the Premier League.
11.30 **Transfer 360** John Obi Mikel.
12.00 M'T **Premier League Stories**
12.30 AM **The Big Interview**
2.00 **PL Retro** Chelsea v Tottenham.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **(BST) EFL Highlights**
11.00 **LIVE WSL** Chelsea v Aston Villa. The women's top-flight match staged at Kingsmeadow. Chelsea are looking to close the gap on leaders Manchester City, while Villa have struggled for consistency this season, but will be aiming for a top six finish. Kick-off **12.00noon**.
2.30 PM **LIVE Scottish Women's Cup** Glasgow City v Rangers. Coverage of the final from Fir Park. These two sides met in last year's final when Rangers won their second consecutive final as they came out on top with a 3-0 victory. Kick-off **3.00pm**.
5.30 **EFL Highlights** Championship.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **WSL** A replay of Chelsea v Aston Villa staged at Kingsmeadow.
10.00 **EFL League One Goals**
10.30 **EFL League Two Goals**
11.00 **WSL** Chelsea v Aston Villa.
11.30 **Scottish Women's Cup**
12.00 M'T **EFL Play-Off Finals 15/16**
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **(BST) IPL** Highlights.
11.15 **Best of ICC WT20**
12.00 NOON **Men's T20 World Cup** India v New Zealand in the final.
1.00 PM **IPL** Royal Challengers Bengaluru v Punjab Kings.
1.55 Royal Challengers Bengaluru v Sunrisers Hyderabad.
2.50 **LIVE IPL** Mumbai Indians v Kolkata Knight Riders. Coverage of the T20 match at Wankhede Stadium. The Indians missed out on a place in the final after being eliminated in Qualifier Two last season, while the Knight Riders ended the campaign in eighth place.
7.00 **Best of ICC WT20**
8.00 **IPL** Action from Royal Challengers Bengaluru v Sunrisers Hyderabad.
9.00 Highlights from Mumbai Indians v Kolkata Knight Riders staged at Wankhede Stadium.
10.00 **IPL** Action from Royal Challengers Bengaluru v Sunrisers Hyderabad.
11.00 Highlights of Mumbai Indians v Kolkata Knight Riders.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** A chance to see Mumbai Indians v Kolkata Knight Riders.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **(BST) Ladies European Tour**
7.00 **PGA Tour Champions Learning Centre** Expert golfing advice.
7.30 **LIVE DP World Tour Golf** Coverage of day four of the Hero Indian Open staged at DLF Golf and Country Club in New Delhi.
12.30 PM **Scotland's Greatest Holes**
1.00 **My Ryder Cup** David Howell.
1.15 **LIVE PGA Tour Golf** Coverage of the featured groups from the fourth day of the Texas Children's Houston Open at Memorial Park Golf Course in Houston, Texas.
6.00 **LIVE PGA Tour Golf** Further coverage of day four of the Texas Children's Houston Open staged at Memorial Park Golf Course.
11.00 **LIVE LPGA Tour Golf** Coverage of day four of the Ford Championship held at Whirlwind Golf Club in Phoenix, Arizona.
2.00 AM **Chronicles of a Champion**
3.00 **Playing Lessons**
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **(BST) Football**
6.45 **MotoGP** Grand Prix of Americas.
7.15 **World Superbikes**
7.45 **Ski Jumping World Cup**
8.45 **LIVE Ski Jumping** In Planica.
10.45 **Rugby Union** Highlights.
12.00 NOON **LIVE Premiership Women's Rugby** Ealing Trailfinders v Loughborough Lightning. Coverage from Trailfinders Sports Club. Kick-off **12.15pm**.
2.30 PM **LIVE The Gallagher PREM** Sale Sharks v Bath. Coverage of the match staged at CorpAcq Stadium. Kick-off **3.00pm**.
5.30 **MLB Highlights**
6.30 **LIVE MLB** Philadelphia Phillies v Texas Rangers. Start-time **6.35pm**.
9.30 **LIVE MotoGP** The Grand Prix of the Americas MotoGP race.
11.00 **The Gallagher PREM**
12.00 M'T **LIVE MLB** Seattle Mariners v Cleveland Guardians. Start-time **12.20am**.
3.00 AM **UEFA Champions League**
3.30 **The Gallagher PREM**
4.30 **Fishing: On the Bank**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **(BST) LIVE Women's One-Day International Cricket** New Zealand v South Africa. The first ODI from Hagley Oval.
10.30 AM **World Superbikes**
11.00 **LIVE World Superbikes** Coverage from Portugal.
11.45 **LIVE Women's Circuit Racing** The second race from Portugal.
12.45 PM **LIVE World Superbikes** Further coverage from Portugal.
4.15 **MotoGP Rewind**
4.30 **LIVE MotoGP** The Grand Prix of the Americas warm-up session.
5.00 **LIVE MotoGP** The Grand Prix of the Americas Moto3 race.
7.00 **LIVE MotoGP** The Grand Prix of the Americas Moto2 race.
8.15 **LIVE MotoGP** The Grand Prix of the Americas MotoGP race at Circuit of the Americas in Austin.
11.00 **World Superbikes**
12.00 M'T **MotoGP Films**
1.00 AM **World Rally Raid Championship** From Portugal.
2.00 **Ski Jumping World Cup**
2.30 **World Superbikes**
3.30 **TNT Sports Reload**
4.00 **Ultimate Pool** Pairs Cup.
5.30 **to 6.00** AM **Ski Jumping**

Sky Sports Action

412 410 510 426 446

6.00 AM **(BST) Super League**
12.00 NOON **Premier League Darts**
4.00 PM **Super League Highlights**
4.15 **Women's Super League**
4.30 **LIVE Super League** Leeds Rhinos v Warrington Wolves. Coverage of the match staged at AMT Headingley Stadium. Rhinos claimed a 36-12 victory in last season's corresponding fixture and went on to make the play-offs, but they were defeated by St Helens in the eliminators. Kick-off **5.30pm**.
7.45 **Behind the Ropes**
8.15 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
10.15 **NFL Bitesize Highlights**
11.00 **NBA on Fire** The latest news.
11.30 **LIVE NBA Basketball** Oklahoma City Thunder v New York Knicks. Coverage of the inter-conference match held at Paycom Cente. Tip-off **12.30am**.
3.00 AM **LIVE NBA Basketball** Denver Nuggets v Golden State Warriors. Coverage of the Western Conference match held at Ball Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **(BST) Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **The Sunday Supplement**
11.00 **Sports Sunday**
5.30 PM **LIVE WTA & ATP Tennis** Coverage of the Miami Open women's doubles final at Hard Rock Stadium in Miami Gardens.
7.30 **LIVE ATP Tennis** Coverage of the Miami Open men's final staged at Hard Rock Stadium in Miami Gardens, Florida. Jakub Menšík claimed the first ATP Tour title of his career with a 7-6 7-6 victory over Novak Djokovic 12 months ago, and in the process became only the second unseeded player to win this event alongside Tim Mayotte in 1985.
10.00 **Sky Sports News**
11.30 **LIVE NBA Basketball** Oklahoma City Thunder v New York Knicks. Coverage of the inter-conference match held at Paycom Cente. Tip-off **12.30am**.
3.00 AM **LIVE NBA Basketball** Denver Nuggets v Golden State Warriors. Coverage of the Western Conference match held at Ball Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **(BST) WTA & ATP Tennis**
1.00 PM **ATP Tour This Week**
1.30 **WTA & ATP Tennis** Miami Open.
5.30 **LIVE WTA Tennis** The Miami Open women's doubles final staged at Hard Rock Stadium. The unseeded Russian duo of Mirra Andreeva and Diana Shnaider triumphed over Cristina Bucsa and Miyu Kato in last year's final.
7.30 **LIVE ATP Tennis** Coverage of the Miami Open men's final at Hard Rock Stadium in Florida.
10.00 **WTA Tennis** Miami Open final.
11.00 **Tennis** Indian Wells Open.
12.00 M'T **WTA & ATP Tennis**
3.00 **to 6.00** AM **ATP & WTA Tour Classic Matches**

Sky Sports Mix

416 412 511 429 449

6.00 AM **(BST) PGA Tour Champions**
7.00 **WTA Tennis** Miami Open final.
9.00 **PGA Tour Golf** Highlights.
10.00 **Formula 1** Japanese Grand Prix.
11.00 **LIVE WSL** Chelsea v Aston Villa. The women's top-flight match at Kingsmeadow. Kick-off **12.00noon**.
2.30 PM **LIVE Scottish Women's Cup** Glasgow City v Rangers. Coverage of the final from Fir Park in Motherwell. Kick-off **3.00pm**.
5.30 **WTA Tennis** Miami Open final.
6.30 **Premier League Darts**
10.30 **Tennis** Event highlights.
12.00 M'T **TGL** The semi-finals.
2.00 AM **Tennis** Indian Wells Open.
3.00 **Legends of Darts**
3.30 **Darts Gold** Archive action.
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

8.00 AM **(BST) TNT Sports Reload**
8.15 **T100 Triathlon World Tour**
9.15 **LIV Golf** From South Africa.
10.15 **Men's Cycling** Tour of Catalunya.
11.15 **LIVE Cycling** The seventh stage of the men's Tour of Catalunya.
1.15 PM **LIVE Cycling** The In Flanders Fields men's one-day race.
3.45 **LIVE Cycling** The In Flanders Fields women's one-day race.
5.30 **AFL** A replay of Port Adelaide Power v West Coast Eagles.
7.00 A chance to see Carlton Blues v Melbourne Demons.
8.30 **Ski Jumping World Cup** The men's HS240 ski flying in Planica.
9.00 **UFC** Israel Adesanya v Joe Pyfer.
12.00 M'T **UEFA Champions League Magazine** News and action.
12.30 AM **UEFA Champions League – Classics** Archive highlights.
1.30 **TNT Sports Reload**
2.00 **Women's One-Day International Cricket**
3.00 **to 6.00** AM **Cycling**

TNT Sports 4

414 416 524 411 434

6.00 AM **(BST) The Gallagher PREM**
9.00 **MotoGP** Grand Prix of Americas.
9.30 **World Superbikes**
10.00 **TNT Sports Reload**
10.15 **LIVE Freestyle Skiing** Coverage from Gallivare, Sweden.
11.45 **Playing for Our Future**
12.00 NOON **LIVE Motocross World Championship** Coverage from Frauenfeld, Switzerland.
2.00 PM **MLB Highlights**
3.00 **LIVE Motocross World Championship** Further coverage from the MX2 and MXGP second races in Frauenfeld.
5.00 **Ski Jumping World Cup**
5.30 **LIV Golf** From South Africa.
6.30 **Women's One-Day International Cricket**
7.30 **Ultimate Pool** Pairs Cup.
9.00 **Cycling** Event highlights.
12.00 M'T **UFC Reloaded**
3.30 AM **UFC Greatest Fights**
5.00 **to 6.00** AM **T100 Triathlon World Tour Highlights**

Premier Sports 1

419 551

6.30 AM **(BST) Eredivisie Highlights**
7.30 **NHL Ice Hockey** Vegas Golden Knights v Washington Capitals.
9.30 **Sporting Greats**
10.00 **United Rugby Championship**
2.00 PM **Sporting Greats**
2.30 **United Rugby Championship** A chance to see Zebre v Ulster.
4.30 Leinster v Scarlets.
6.30 **Sporting Greats**
7.00 **NHL Ice Hockey** Vegas Golden Knights v Washington Capitals.
9.00 **NHL: This is Hockey**
10.00 **LIVE NHL Ice Hockey** Tampa Bay Lightning v Nashville Predators. Coverage of the inter-conference match from Benchmark International Arena. Face-off **10.00pm**.
1.00 AM **NHL: This is Hockey**
1.30 **United Rugby Championship** A replay of Bulls v Munster.
3.30 **NHL Ice Hockey** Tampa Bay Lightning v Nashville Predators.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **(BST) United Rugby Championship** Sharks v Cardiff.
8.00 **Top 14 Rugby Union**
2.00 PM **NHL on the Fly**
3.00 **International Football** Another chance to see USA v Belgium.
4.55 **Football's Greatest**
5.25 **LIVE LaLiga Hypermotion** Real Zaragoza v Racing Santander. The Spanish second-tier match from Estadio La Romareda. Kick-off **5.30pm**.
7.30 **Motorsport** A look into the career of Valentino Rossi.
8.00 **LIVE NASCAR** The Cook Out 400, the race from the latest round of the season at Martinsville Speedway in Ridgeway, Virginia.
12.30 AM **Bike World** Highlights.
1.00 **NHL Specials** Florida Panthers.
1.30 **NHL Ice Hockey** Carolina Hurricanes v Montreal Canadiens.
3.30 **NHL: This is Hockey**
4.30 **Temples of Sport**
5.00 **to 6.00** AM **NHL Specials**

Sky Sports F1

407 407 507 424 444

8.00 AM **(BST) Formula 1** Analysis.
9.00 **Ted's Notebook**
9.30 **Formula 1** Japanese Grand Prix.
2.00 PM **Ted's Notebook**
2.30 **F1 Features**
3.00 **LIVE Indycar** The Children's of Alabama Indy Grand Prix warm-up.
4.00 **LIVE Indy NXT** Coverage of the Grand Prix of Alabama race two.
5.00 **Formula 1** Japanese Grand Prix.
6.00 **LIVE Indycar** The Children's of Alabama Indy Grand Prix.
8.30 **Formula 1** Action from Japan.
9.30 **Ted's Notebook**
10.00 **Formula 1** Japanese Grand Prix.
12.15 AM **Ted's Notebook**
12.45 **Brad Pitt x McLaren**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

30 March

Evening Planner

Factual

Celebrity Homes Under the Hammer

BBC1, 11.15am

Owain Wyn Evans and Dianne Buswell team up on the sale of a London terrace,

Drama

Babies

BBC1, 9pm (box set, BBC iPlayer)

Paapa Essiedu and Siobhán Cullen star as a devoted couple who are navigating the heartbreak of pregnancy loss.

Drama

The Teacher

5, 9pm (box set, 5 streaming)

The anthology drama returns, this time starring Victoria Hamilton as a teacher who clashes with an influential student.

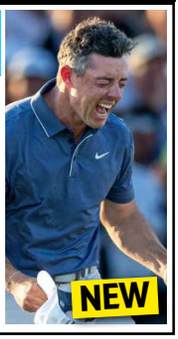
OnDemand

prime

Rory McIlroy: The Masters Wait

Available today

Looking at the long journey the Irish golfer took before he finally claimed the Green Jacket.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Trace, Track...	9.00 Babies		10.00 News	10.40 Trying †
	102 BBC2	7.00 Global Eye	7.30 Extraordinary...	8.00 Mastermind	8.30 University...	9.00 Clash of the Superpowers: America vs...		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Hunting the Silver Killer		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 The Hunt: Prey vs Predator		10.05 The Great Celebrity Bake Off for...	
	105 5	‹ 6.30 Snooker: Tour Championship – Live		8.00 Motorway Cops: Catching Britain's...		9.00 The Teacher		10.00 Police: Night Shift 999	
	106 SKY ONE	‹ 6.55 The Simpsons		8.10 UFO		9.10 Andor		10.00 Rooster	10.40 Last...
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Waterloo Road		9.00 Murdered by My Boyfriend		10.00 Murdered by My Father	
	116 BBC4	7.00 Seven Worlds, One Planet		8.00 Treasures of Ancient Egypt		9.00 Call My Bluff	9.30 Face the Music	10.00 Pompeii: The Mystery of the People...	
	118 ITV2	7.00 Wheel of Fortune		8.00 The 1% Club		9.00 TikTok: Murder Gone Viral		10.00 Family Guy	
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia				9.15 Made in Chelsea		10.20 Gogglebox
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 The Rookie	
	108 SKY ATLANTIC	7.00 The Last of Us				9.00 DTF St Louis		10.00 All Her Fault	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Frankie Boyle's New World Order	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders					
	120 ITV4	‹ 6.50 Sharpe				9.00 Film: Top Gun			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Michael McIntyre's The Wheel		10.00 Impractical...	10.30 Michael...
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: The Flying Dutchman					10.30 André Rieu...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 The Supervet		9.00 The Supervet: Noel Fitzpatrick			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Filthy Fortunes		9.00 Maine Cabin Masters		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Blue Serengeti		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 To Catch a Smuggler		10.00 Yukon Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 The Last Hunt For Nazi Gold		10.00 Secret Sex Lives Of Tyrants	
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Dom Chinea's Cornish Workshop		9.00 Incredible Journeys with Simon Reeve		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 UFO		8.00 The Body Next Door					
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 Superman		8.00 One Battle After Another					
	302 ADVENTURE	‹ 6.25 Shrek		8.00 Superman					10.15 Spider-Man: Homecoming
	303 FUN	‹ 6.10 Mamma Mia!		8.00 Miss Congeniality				10.00 Miss Congeniality 2: Armed and...	
	307 GREATS	‹ 6.00 Ghostbusters		8.00 Ghostbusters II				10.00 Logan's Run	
	312 ANIMATION	‹ 5.40 Happy Feet	7.40 Happy Feet Two				9.35 Super Charlie		
	304 FAMILY	‹ 6.00 Peter Rabbit	7.40 The Hobbit: The Battle of the Five Armies						10.15 Spy Kids
	306 ACTION	‹ 6.00 Twister		8.00 The Mummy Returns					10.15 The Patriot
	308 COMEDY	‹ 6.05 Singin' in the Rain		8.00 The Phoenician Scheme			9.45 Seven Psychopaths		
	309 THRILLER	‹ 5.25 The Firm		8.00 Hallow Road			9.30 The Krays		
	310 DRAMA	‹ 5.50 An Officer and a Gentleman		8.00 The Blind Side				10.10 Rob Peace	
	311 SCI-FI	‹ 6.00 Get Out		8.00 Mickey 17					10.25 Smile 2
	313 FILM4	‹ 6.55 Men in Black 3				9.00 The Mechanic			
SPORT	401 MAIN EVENT	7.00 Sports Centre						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Premier League 360 – Big Sam's Bolton				9.00 PL Stories	9.30 Big Interview	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Goals		8.30 WSL	9.00 Scottish...	9.30 EFL Highlights		
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	‹ 6.00 Ultimate Pool – Live: Coverage from Group 2 of the Pairs Cup					9.30 MLB – Live: Kansas City Royals v Minnesota Twins		
	411 TNT SPORTS 2	7.00 World Superbike Highlights		8.00 MLB Highlights		9.00 MLB – Live: Kansas City Royals v Minnesota Twins (Start-time 9.10)			

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x

Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **NEW SERIES Farm 999** (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Celebrity Homes Under the Hammer** New edition (S)
12.15 PM **Bargain Hunt: Wood You Believe It?** New edition (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition (S)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** New edition From Cornwall. (S)
3.45 **The Repair Shop on the Road** New edition Film projectors. (S)
4.30 **The Finish Line** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** JB Gill and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Penny and Vinny have their first baby scan, Zoe tries to build bridges, while Zack faces financial problems. (S)(AD)

8 PM

8.00 **Panorama: Dangerous Dogs – Is the Ban Working?** An update on the Government ban on XL Bully dogs. (S)
8.30 **Trace, Track, Get My Car Back** Hunting down a car being smuggled to Romania. (S)(R)

9 PM

9.00 **NEW SERIES Babies** 1/6. Drama starring Paapa Essiedu and Siobhán Cullen as a couple navigating the heartbreak of pregnancy loss. *See feature, page 8.* (S1) (S)(AD) ■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Trying** New episode 7/8. Nikki and Jason's relationship comes under strain, while Scott is not happy when Karen turns up for his book launch. (S3) (S)(AD)
11.05 **Trying** Series finale 8/8. It is the day of the adoption hearing, and Nikki is feeling less than optimistic, so Jason proposes they get married while they are still together as a family. (S3) (S)(AD)
11.40 **Have I Got News for You** Angela Rippon hosts the satirical quiz, with comedian Jo Brand and writer and broadcaster Richard Osman. (S)(R)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Just One Thing** (S)(R)(AD)
6.30 **The Repair Shop on the Road** (R)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Lightning** Quiz show. (S)(R)
3.00 **Clive Myrie's Italian Road Trip** The newsreader heads to the Tuscan town of Barga. (S)(R)
3.30 **Monkey Planet** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Argyll and Bute. (S)(R)
5.15 **Flog It!** From Blackburn. (S)(R)
6.00 **Richard Osman's House of Games** With Ahir Shah, Michaela Strachan, Xand van Tulleken and Vogue Williams. (S)(R)
6.30 **Rick Stein's Food Stories** Rick visits Argyll and Bute. (S)(R)(AD)

9.00 Clash of the Superpowers

7 PM

7.00 **Global Eye** Featuring investigations from BBC correspondents. (S)
7.30 **Extraordinary Portraits with Bill Bailey** 1/6. A sculptor tries to honour a man who fought off a terrorist with a narwhal tusk. (S)(R)(AD)

8 PM

8.00 **Mastermind** New edition Specialist subjects include Handel and the films of Christopher Nolan. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions in the concluding quarter-final match. (S)

9 PM

9.00 **Clash of the Superpowers: America vs China** Series finale 2/2. As the battle for technological supremacy ramps up, a visit to Taiwan brings the two superpowers closer to military confrontation. (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer go on an Irish fishing trip on the River Finn. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **FILM The Prestige** Period mystery thriller starring Hugh Jackman and Christian Bale. In 1890s London, a tragic accident sparks a bitter enmity between two stage magicians and leads to a tit-for-tat battle of illusions and tricks. (S)(AD) (2006, 12, 125min) ★★★★
1.05 AM **Sign Zone: Countryfile** The Dark Skies Festival. (S)(R)
2.00 **Sign Zone: Hostage** (S)(R)(AD)
4.00 **Sign Zone: Lifeline** (S)(R)(AD)
4.10 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts as Richard Blackwood, Julia Bradbury and Roman Kemp try to guess the familiar phrases hidden in animated clues. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Hunting the Silver Killer

7 PM

7.30 **Fletchers' Family Farm** The farm opens up to the public for an Easter event that is Liz and Kelvin's chance to bring in more income, while a vet attends to a ewe struggling to give birth. (S)(R)(AD)

8 PM

8.00 **Emmerdale** Graham is suspicious. (S)(AD)
8.25 **NEW I'm a Celebrity South Africa: Sneak Peek** (S)
8.30 **Coronation Street** Ben's situation forces Tim to question his past. (S)(AD)

9 PM

9.00 **NEW Hunting the Silver Killer** Forensic scientist Angela Gallop and pathologist Dick Shephard re-examine two supposed murder-suicides that occurred in the sleepy town of Wilmslow, Cheshire, in the 1990s. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Jonathan Ross Show** Jonathan is joined by *Celebrity Traitors* star and ex-England rugby union player Joe Marler, comedian Romesh Ranganathan and actor and stand-up Aisling Bea, while music comes from soul musician Jalen Ngonda. (S)(R)
11.45 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.15 AM **Shop on TV**
3.00 **Martin Clunes' Islands of the Atlantic** Martin visits the windswept Faroe Islands. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Julia Bradbury's Wonders of the Frozen South** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 7-9/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 1/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From The Crown Inn in Kent. (S)
5.30 **Come Dine with Me** New edition Content creator Lizzy hosts the first night in Sheffield. (S)
6.00 **Jasmine Harman's Renovation in the Sun** The property expert and her family transform a run-down Spanish villa. (S)(R)

8.00 Batch from Scratch

7 PM

7.00 **News** (S)

8 PM

8.00 **Batch from Scratch: Cooking for Less** New edition Joe Swash and Suzanne Mulholland head to Nottingham to help a busy NHS family with two energetic children whose mealtimes are out of control. (S)(AD)

9 PM

9.00 **The Hunt: Prey vs Predator** New edition 5/9. Predator turns on Predator, as one player puts friendship above victory. Meanwhile, another player goes all-out to undermine their biggest threat. (S)(AD) ■ Continues tomorrow

10 PM

10.05 **The Great Celebrity Bake Off for Stand Up to Cancer** Molly-Mae Hague, JoJo Siwa, Babatunde Aléshé and Richard Herring take on decorated traybakes, then reveal their most coveted toys from childhood in biscuit form. (S)(R)(AD)
11.20 **Naked Attraction** (S)(R)(AD)
12.20 AM **NEW Walter Presents: Sphinx** 1/6. Dutch thriller. Subtitled. (S1) ■ Entire series on C4 streaming
1.15 **A Woman of Substance** 5&6/8. Double bill. (S)(SL)(R)(AD)
3.10 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
4.05 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.30 PM **LIVE Snooker: Tour Championship** The afternoon session on day one from Manchester Central, featuring the opening eight frames of two first-round matches. *Continues at 6.30pm.* (S)
5.00 **News** (S)
6.00 **Cash in the Attic** Jules Hudson helps people make money from unwanted items. (S)(R)
6.30 **LIVE Snooker: Tour Championship** Coverage of the evening session on day one from Manchester Central, featuring two first-round matches. *Continues on 5Action.* (S)

8.00 Motorway Cops

LIVE Snooker: Tour Championship (started at 6.30pm)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition A road traffic collision between a delivery van and a car results in the occupants needing hospital treatment and the air ambulance being called. (S)

9.00 **NEW SERIES The Teacher** 1/4. Return of the drama. An influential female student clashes with an experienced teacher. Stars Victoria Hamilton and Alice Grant. *See feature, page 7.* (S3) (S)(AD) ■ Continues tomorrow

10.00 **Police: Night Shift 999** Staff at a store contact the police to report that they've seen three men stealing garden furniture and a woman who has driven into some parked cars is brought into the custody suite. (S)(R)
11.05 **Traffic Cops** A search is triggered for a suspected cloned car linked to multiple burglaries across the county. (S)(R)
12.05 AM **Police Interceptors** A driver abandons his vehicle on a railway line. (S)(R)
1.05 **Car Pound Cops** (S)(R)
1.35 **Teleshopping** (S)(R)
3.05 **A&E After Dark** (S)(R)
4.40 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S2) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S3) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Conquest of the Skies** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 3/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S2) (S)(R)
5.00 **The Simpsons** *Flaming Moe's:* Homer invents a drink. (S)(R) **5.30** *Mr Lisa Goes to Washington:* Lisa wins a writing contest. (S)(R)
6.00 **The Office (US)** 26/28. The staff members take liberties with their casual Friday attire. (S)(R) **6.30** 27/28. Pam and Jim plan a secret trip. (S5) (S)(R)

9.10 Andor

6.55 **The Simpsons** *Burns Verkaufen der Kraftwerk:* The nuclear power plant is sold. (S)(R) **7.20** *I Married Marge:* Homer reminisces. (S)(R) **7.45** *Radio Bart:* Bart uses a radio transmitter to trick the townsfolk. (S)(R)

8.10 **UFO** 2/4. When US Navy pilots encounter an unidentified aerial phenomenon in 2004, conversations around UFOs move from the fringes to the centre of the Pentagon. (S)(R)

9.10 **Andor** New episode *That Would Be Me:* 2/10. Cassian prepares to flee the planet as Syril enlists Sgt Linus Mosk to help track him down, while Bix's buyer Luthen Rael travels to Ferrix. (S1) (S)

10.00 **Rooster** New episode *Angry, Like an Angry Person:* 4/10. Greg throws himself into helping a student. (S1)
10.40 **Last Week Tonight with John Oliver** New edition A satirical look at news and pop culture.
11.25 **Saturday Night Live UK** Actor Jamie Dornan hosts the comedy sketch and variety show, with music from Wolf Alice. (R)
12.40 AM **Grimm** 3/22. An old friend of Hank's searches for his missing daughter. (S2) (S)(R)
1.35 **Police 24/7** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 1/23. (S2) (S)(R)
4.00 **S.W.A.T.** 3/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm Jules and Greg's Wild Swim **11.10** Trying New episode **11.35** Trying Series finale **12.10am** Scotcast **12.40** Have I Got News for You **1.10** Weather for the Week Ahead **1.15-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Ronan Keating's Wild Atlantic New edition **8.30-9.00** Greatest Gardens with Diarmuid Gavin and Carol Klein New edition **10.40** Panorama: Dangerous Dogs: Is the Ban Working? **11.10** Trying New episode **11.40** Trying Series finale **12.15am** Have I Got News for You **12.45-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm NEW SERIES 21st Century TV with Lucy Owen **8.30-9.00** Panorama: Dangerous Dogs: Is the Ban Working? **11.40pm-12.10am** Scrum V Highlights

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Cumasc: Seisiúin sa Black Gate Series finale **11.00** Neil Martin – Bóthar an Cheoil **12.25am** Mortimer & Whitehouse: Gone Fishing **12.55-1.05am** Chronicles of the Sperrins

WALES
Sky 968, Freesat 968
7.00pm Scrum V Highlights **7.30-8.00pm** Flaming Feasts

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Prosiect Pum Mil **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Hwyl: Llydaw **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episodes **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition **9.33** Y Tywydd **9.35** Sgorio **10.05** Cariad Heb Ffiniau: Poliamori **11.05-11.35pm** GISDA: Drws I'r Digartre

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall takes a boat ride up the Amazon to come face to face with a black piranha. **7.30** Steve visits Nepal, where he tracks down a rhinoceros and looks for the elusive Bengal tiger.
8.00 **Waterloo Road** 7/8. The teachers organise an open day in a bid to impress the inspectors, but events take a turn for the worse. (S1)
9.00 **Murdered by My Boyfriend** Drama about a teenage girl who falls in love with the wrong man. Stars Georgina Campbell and Royce Pierreson.
10.00 **Murdered by My Father** Drama starring Adeel Akhtar and Kiran Sonia Sawar. A widowed father attempts to ensure his daughter is set up with the right husband, unaware that she has fallen for a charismatic charmer.
11.20 **Film Club** 4-6/6. (S1)
12.50 **to 4.00** AM **The Young Offenders**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1993 Toyota Supra Mk4. **5.50** Tim and Fuzz rescue a 1973 Dennis fire engine.
6.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer search for properties for house-hunters in south and east London.
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer catch up with Lucia and Matt, who were split over what to do with their home in Royal Wootton Bassett, Wiltshire.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** 1/5. Summer arrrives in Swaledale, and the renovation of the abandoned farmhouse is about to hit its one-year anniversary, with plenty of work still to do for Richard the builder.
10.00 **24 Hours in A&E** A staff nurse is punched and bitten by a prisoner awaiting some treatment.
11.05 **24 Hours in A&E**
12.05 AM **Emergency Helicopter Medics**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **The Perfect Pitch**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Seven Worlds, One Planet** David Attenborough looks at the wildlife of Australia, including footage of kangaroos and wombats.
8.00 **Treasures of Ancient Egypt** Alastair Sooke looks at art from one of Ancient Egypt's most opulent eras.
9.00 **Call My Bluff** Featuring guests Jilly Cooper, Quentin Bell, Lesley-Anne Down and Anthony Valentine.
9.30 **Face the Music** With Joyce Grenfell, Paul Jennings and Robin Ray. With guest musician Gerald Moore.
10.00 **Pompeii: The Mystery of the People Frozen in Time** A look at how the citizens' bodies were preserved by the 79AD eruption of Vesuvius.
11.00 **Frank Bowling's Abstract World** Documentary.
11.30 **Seven Worlds, One Planet**
12.30 AM **Mindful Escapes: Breathe, Release, Restore**
1.00 **Face the Music**
1.30 **to 2.30** AM **Treasures of Ancient Egypt**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight Australia** Reality series.
11.35 **First Dates**
12.35 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.25 **Married at First Sight Australia** Reality series.
5.00 **NEW SERIES Dance Moms: A New Era** Coach Glo returns with a new endeavour – Project X.
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Diane's family struggle with her prognosis .
7.30 **Married at First Sight Australia** New edition The second Commitment Ceremony erupts with accusations and heartbreak.
9.15 **Made in Chelsea** New edition Kit and Inga head out on a date.
10.20 **Gogglebox** Opinions on *Squid Game: The Challenge* and *The Couple Next Door.*
11.20 **First Dates**
12.25 AM **Married at First Sight Australia** As 7.30pm.
2.05 **Naked Attraction**
3.00 **Made in Chelsea**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Stop, Search, Seize**
9.00 **Caught on Dashcam**
10.00 **A1: Britain's Longest Road**
11.00 **FBI** 14&15/22. (S7)
1.00 PM **The Rookie** 3/22. Nolan and Chen are called to a fire. **2.00** 4/22. Harper searches for a serial arsonist. (S4)
3.00 **Law & Order: Criminal Intent** 15/21. An abused girl takes revenge on her psychotherapist parents. (S3)
4.00 **Nothing to Declare**

9.00 Law & Order: Criminal...

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Task** 1&2/7. (S1)
10.30 **The Last of Us** 1–3/9. (S1)
2.35 PM **The Last of Us** 4/9. Joel and Ellie draw the attention of a vindictive rebel leader. **3.35** 5/9. Joel and Ellie encounter the most wanted man in Kansas City. **4.45** 6/9. Joel and Ellie descend deeper into dangerous territory. **5.55** 7/9. Ellie looks back on the night things changed. (S1)

9.00 DTF St Louis

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **Billie and Greg: Family Diaries**
9.00 **The Only Way Is Essex**
10.00 **Real Housewives of Atlanta**
10.55 **Real Housewives of Beverly...**
11.50 **Supermarket Sweep**
12.50 PM **Wheel of Fortune**
1.50 **The Only Way Is Essex**
2.50 **Real Housewives of Cheshire**
3.55 **Real Housewives of Atlanta**
4.55 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 TikTok: Murder Gone Viral

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Orchis Fatalis:* A rare orchid triggers a spate of killings.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Over the Hill:* An Army deserter arrives in the village following a bust-up with his sergeant.

8.00 Midsomer Murders

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
7.45 **Magnum, PI**
8.45 **Kojak**
9.50 **Boon**
10.55 **The Sweeney**
12.10 PM **BattleBots**
1.15 **Magnum, PI**
2.15 **Kojak**
3.20 **Boon**
4.30 **The Sweeney** *Hearts and Minds:* Guest stars Eric Morecambe and Ernie Wise.
5.40 **Minder** *Second Hand Pose:* Arthur excludes Terry from his latest business venture.

9.00 Top Gun

7 PM

7.00 Police 24/7 Officers apply first aid to a gunshot victim and arrest his roommate.

7.00 The Last of Us *When We Are in Need:* 8/9. Ellie crosses paths with a group of survivors and Joel faces a new threat.

7.00 Wheel of Fortune Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

6.55 Heartbeat *Bang to Rights:* A woman takes an overdose, claiming that her husband has been falsely imprisoned.

6.50 Sharpe *Sharpe's Company:* 1/3. Adventure starring Sean Bean and Pete Postlethwaite. The return of an old enemy leads to a series of problems for Sharpe. (S2)

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The Last of Us *Look for the Light:* 9/9. Joel and Ellie near the end of their journey. Pedro Pascal and Bella Ramsey star. (S1)

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Midsomer Murders *Vixen's Run:* The detectives investigate the death of a local aristocrat who seemingly died of a heart attack – but after his will disappears, it is clear sinister forces are at work.

9 PM

9.00 Law & Order: Criminal Intent *The Faithful:* 4/22. The detectives investigate the death of church sexton. (S1)

9.00 DTF St Louis New episode 5/7. Plumb and Homer uncover new information about Carol's past. (S1)

9.00 TikTok: Murder Gone Viral The case of influencer Mahek Bukhari and her mother Ansreen, who killed two people.

9.00 FILM Top Gun Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis and Val Kilmer. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 The Rookie *Speed:* 11/18. John and Celina find themselves in a hostage situation while they are undercover. (S7)
11.00 **The Rookie** 12/18. (S7)
12.00 M'T **FBI** 10/22. (S7)
1.00 AM **Matlock** 9/19. (S1)
2.00 **The Rookie** New episode (S8)
3.00 **Road Wars**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

10.00 All Her Fault 5/8. Suspicion is thrown on all the Irvines., while Brian begins to uncover a betrayal from Peter. (S1)
11.00 **True Detective: Night Country** 3/6. Tensions grow between Danvers and Leah. **12.05** AM 4/6. Danvers and Navarro confirm the location of Annie's murder. (S4)
1.15 **Succession** 7–9/10. (S4)
5.05 **to 6.00** AM **Fish Town**

10.00 Family Guy 11/20. An accident leaves Peter with a high-pitched voice. **10.35** 5/20. Peter and Quagmire mimic each other's behaviour. (S20)
11.05 **Family Guy** 6/20. Stewie fears that he has a terminal case of cooties. (S20)
11.35 **American Dad!** (S17)
12.35 AM **Bob's Burgers** (S14)
1.30 **Plebs** 2/8. (S3)
2.00 **to 3.00** AM **Deal or No Deal**

10.00 Midsomer Murders *Tainted Fruit:* A socialite is found dead, and police investigations uncover a dark world of adultery and deceit in affluent Midsomer Malham.
11.50 **A Touch of Frost** *Stranger in the House.* A rapist arouses Frost's indignation and prompts him to take the most desperate gamble of his career to date.
2.00 **to 2.30** AM **Unwind with ITV**

11.15 **FILM Rocky** Oscar-winning boxing drama starring Sylvester Stallone and Talia Shire. (1976, PG, 119min) ★★★★★
1.30 AM **Lost** 14/25. (S1)
2.15 **Motorsport Mundial**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Designing the Hebrides**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Icons of Football** A profile of Jen Beattie.
8.00 **Life on the Bay** Caravan owners prepare for the annual golf tournament. **8.30** The race is on to replace a caravan destroyed by fire.
9.00 **Lena Zavaroni: The Forgotten Child Star** The story of the singer.
10.00 **River City** New episode Viv takes drastic measures to uphold her side of the deal with Alex.
10.30 **Two Doors Down** *Burns Supper:* 1/6. (S3)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Anton Danyluk on Body Shame**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S5)
9.00 **The Rehearsal** (S1)
10.25 **Upright** 1&2/8. (S1)
11.30 **American Auto** (S1)
12.30 PM **Will & Grace** (S7)
1.30 **The Rehearsal** (S1)
2.55 **Upright** 1&2/8. (S1)
4.00 **Breeders** 1&2/10. (S1)
5.00 **Hitmen** 1&2/6. (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** (S5)
8.00 **Community** 8/22. The study group film a commercial. **8.30** 9/22. Jeff and Shirley issue a table football challenge. (S3)
9.00 **Real Time with Bill Maher** New edition
10.10 **Chris Fleming: Live at the Palace** Stand-up.
11.30 **The Comeback** New episode 2/8. (S3)
12.10 AM **Breeders** (S1)
1.10 **Hitmen** 1&2/6. (S1)
2.10 **Community** (S3)
3.10 **Barry** 5&6/8. (S3)
4.30 **to 5.00** AM **American Auto**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Stories from the National Portrait Gallery**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: The Flying Dutchman**
10.30 **André Rieu: Maastricht by Moonlight**
11.30 **Comedy Legends**
12.30 AM **Mozart: Genius for Hire**
2.00 **NEW SERIES Spymasters: The Great Spy Writers**
3.00 **Sky Arts from Hay**
4.00 **I Hate Jane Austen by Giles Coren**
5.00 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 11/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** *The Big Goodbye:* 12/26. (S1)
8.00 **Nothing to Declare**
9.00 **FBI** 4/13. (S6)
10.00 **FBI: Most Wanted** (S1)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 5/10. (S3)
1.10 AM **The Force: North East** Documentary.
2.05 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** A family team of five take part.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Chisara tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson hosts the quiz in which another line-up of contestants answer the questions that could change their lives.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** From London.
10.00 **Matt Baker: Our Farm in the Dales**
11.00 **A New Life in the Sun**
12.00 NOON **A Place in the Sun** From Spain.
1.00 PM **A Place in the Sun: What Happened Next?**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **George Clarke's Amazing Spaces**
7.00 **Help! I Bought It at Auction with Sarah Beeny** Documentary.
8.00 **George Clarke's Building Home**
9.00 **24 Hours in A&E**
10.00 **Chernobyl: 48 Hours To Escape**
11.35 **Gogglebox** Double bill.
1.35 AM **The Dog House**
2.35 **Lake District Rescue**
3.35 **24 Hours in A&E**
4.30 **to 5.00** AM **Travel Man: 48 Hours in Lanzarote**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 4/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 5/26. (S7)
2.00 **Warehouse 13** 8&9/13. (S2)
4.00 **Stargate SG-1** 1/22. (S4)
5.00 **Star Trek: Voyager** 7/26. Kes is seriously wounded. (S3)
6.00 **Star Trek: The Next Generation** 4/26. Part one of two. Picard fails to return from an archaeological trip. (S7)

9.00 Grimm

7.00 **Star Trek: Deep Space Nine** *Chrysalis:* 5/26. Dr Bashir helps an outcast recover from a trance-like state. (S7)

8.00 **Stargate SG-1** *Small Victories:* 1/22. Part two of two. The replicator bugs continue to multiply aboard a submarine. (S4)

9.00 **Grimm** *Tarantella:* 11/22. Nick and Hank hunt for a woman who is actually a spider creature that eats the internal organs of men.

10.00 **Grimm** *Last Grimm Standing:* 12/22. A murder case leads Nick and Hank to an underground fighting circuit. (S1)
11.00 **The Walking Dead** 6/6. Rick and his friends find their way into the CDC. (S1)
12.00 M'T **Warehouse 13** 8/13. Claudia joins Artie on a case.
1.00 AM 9/13. Artie's past returns to haunt him. (S2)
2.00 **The Walking Dead** As 11pm.
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 18/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 18/23. (S1)
5.00 **Hudson & Rex** 7/16. Sarah finds herself in the middle of a hostage situation. (S1)
6.00 **My Life Is Murder** 6/10. Alexa investigates when the chef at a resort is found dead in his own walk-in freezer. (S2)

5.00 Hudson & Rex

7.00 **Father Brown** *The Celestial Choir:* A mysterious saboteur tries to stop Kembleford winning a choir contest.

8.00 **Death in Paradise** *Steamy Confessions:* 2/9. The team are baffled when an archaeologist is poisoned during a dig.

9.00 **Death in Paradise** *Chain Reaction:* 4/9. Neville tries to solve the death of a nurse from his hospital bed. (S10)

10.00 **Father Brown** *The Beast of Wedlock:* Father Brown investigates a missing person, a murder and a mythical wild cat.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S10)
1.00 AM **My Life Is Murder** (S2)
2.00 **Murdoch Mysteries** 19/24. Murdoch investigates the death of a young woman. (S15)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.05 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 Are You Being Served?

7.00 **Porridge** Fletcher's bid to find some peace and quiet seems destined to fail.
7.40 **Dad's Army** Captain Mainwaring and the platoon try to capture three German airmen.
8.20 **Are You Being Served?** A wealthy customer loses a diamond in the store.

9.00 **Gavin & Stacey** Smithy accompanies Nessa to the hospital for her first scan.
9.40 Bank Holiday Monday sees the Essex mob arrive for a day at the beach in Barry.
10.20 **Men Behaving Badly** Tony feels depressed due to his expanding waistline.
11.00 **Harry Enfield and Chums**
11.35 **Gavin & Stacey** Double bill.
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!**
2.25 **Don't Wait Up**
2.55 **The Green Green Grass**
3.25 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Food festivals.
8.00 **Special Ops: Crime Squad UK**
10.00 **Railroad Australia**
11.00 **Rick Stein: From Venice to Istanbul** As 5.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein: From Venice to Istanbul** The chef's gastronomic road trip brings him to northern Greece.
6.00 **Hairy Bikers' Best of British**

10.00 New World Order

7.00 **Would I Lie to You?** Unseen material from the comedy panel show.
7.40 **Richard Osman's House of Games** With Gemma Cairney, Tim Key, Gabby Logan and Jeff Stelling.
8.20 With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.

9.00 **QI XL** Sandi Toksvig is joined by Rhod Gilbert, Lara Ricote, Ahir Shah, and Alan Davies to look at animals beginning with U.

10.00 **Frankie Boyle's New World Order** The comic tries to make sense of the modern world.
10.50 **Mock the Week** With Rob Beckett and Zoe Lyons.
11.30 **Would I Lie to You?**
12.10 AM **QI XL** With Tom Allen.
1.10 **Have I Got a Bit More News for You** With Matt Chorley.
2.20 **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** Siegfried decides to take on a new student.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 The Brokenwood Mysteries

7.20 **Last of the Summer Wine** The boys discuss life, love and women – particularly the unpleasant ones working in the cafe.

8.00 **The Brokenwood Mysteries** *Blood and Water:* 1/4. First episode of the crime drama with Neill Rea. Detective Inspector Mike Shepherd is sent to the New Zealand town of Brokenwood to investigate the mysterious death of a farmer. (S1)

10.00 **New Tricks** *Nine Lives:* The team reopen an investigation into the death of an elderly woman whose decision to leave her estate to her cats sparked a family feud.
11.20 **The Inspector Lynley Mysteries** *In the Guise of Death.*
1.15 AM **All Creatures Great and Small** Rural drama.
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 14-16/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Safe Harbour:* 5/24. A coastguard officer is found dead on an abandoned ship.
7.00 *Thirst:* 6/24. A US Navy lieutenant dies of overhydration.
8.00 *Devil's Triangle:* 7/24. A Homeland Security employee disappears. (S9)
9.00 New episode *For Better or Worse:* 11/22. The NCIS team devise an elaborate plan to infiltrate a mob. (S22)
10.00 **Law & Order: Special Victims Unit** 17/22. The unit search for a suspect who drugs women's drinks. (S24)
10.55 **Law & Order: Special Victims Unit** (S24)
1.45 AM **Blue Bloods** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly: What Happened Next?**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A 64-year-old man collapses at work with a suspected cardiac arrest.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Criminals: Caught on Camera**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.30 **Police Interceptors**
11.30 **FILM Cahill: United States Marshal** Western starring John Wayne. (1973, 15, 98min) ★★★
1.35 PM **FILM Gunfight at the OK Corral** Western starring Burt Lancaster and Kirk Douglas. (1956, PG, 122min) ★★★★
4.00 **Mud Mountain Haulers**
4.55 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **LIVE Snooker: Tour Championship** The evening session on day one from Manchester Central, featuring two first-round matches.
10.00 **Cops** Double bill.
11.00 **The X-Files** 16/24. (S1)
12.00 M'T **Motorway Cops: Catching America's Speeders** Documentary.
12.55 AM **Outback Truckers**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Gemma and Gorka: Life Behind the Lens**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **The Supervet at Christmas** Pop star Will Young brings in his pitbull Labrador cross Diamond, which has been suffering with a painful limp, and Noel suspects cruciate ligament damage.
9.00 **The Supervet: Noel Fitzpatrick** A toy poodle needs treatment for a damaged hip joint.
10.00 A 'puppy special' recalling the stories of some of the youngest animals Noel has treated.
11.00 **Bad Girls Behind Bars**
1.00 **to 3.00** AM **Louis Theroux: Life on the Edge**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Adolf Hitler's War**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Operation Arctic** Kate Humble meets the Inuit artists inspired by the world around them.
8.00 **Dom Chinea's Cornish Workshop** New edition Sam Lovegrove mends Dom's vintage motorbike for a cliff top trial.
9.00 **Incredible Journeys with Simon Reeve**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes in the City** From London.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **The Yorkshire Auction House** Double bill.
8.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** Angus Ashworth looks through a vast collection of coins, toys and jewellery.
10.00 The team face the mammoth task of clearing a collection of bow top caravans.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Monday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 14-16/22. (S2)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 6/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** Seven episodes, including at: **8.30** 11/25. Hawkeye and Potter visit a Korean hospital to help out. **9.00** 12/25. Hot Lips has her appendix removed. **9.30** 14/25. Hawkeye is plagued by bad dreams. **10.00** 13/25. The camp's good luck charm gets removed. **10.30** 15/25. Hawkeye and BJ stage a fight. (S5)
11.00 **The New Avengers** (S2)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S5)
2.25 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM Frenchie** Western adventure. (1950, PG, 80min) ★★
1.50 PM **FILM Midnight in St Petersburg** Thriller. (1995, 15, 86min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 **FILM Reign of Fire** Adventure with Christian Bale and Matthew McConaughey. (2002, 12, 102min) ★★★
11.10 **FILM Last Knights** Medieval adventure starring Clive Owen and Morgan Freeman. (2015, 15, 112min) ★★
1.30 AM **The Baron**
2.30 **The New Avengers**
3.30 **FILM We Dive at Dawn** Wartime drama. (1943, b/w, U, 97min) ★★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
10.05 **In Plain Sight** (S2)
11.05 **Castle** 3/22. (S8)
12.05 PM **FILM Picture Perfect Mysteries: Exit Stage Death** Drama. (2020, PG, 89min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 4/22. (S8)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S2)
10.00 **FILM Picture Perfect Mysteries: Dead Over Diamonds** Crime drama. (2020, PG, 90min) ★★
11.55 **FILM Garage Sale Mysteries: The Beach Murders** Crime drama. (2017, PG, 90min) ★★
1.50 AM **FILM An Organised Killer** (2021, 12) ★★
3.15 **to 5.00** AM **FILM Deadliest Switch** Thriller. (2020, 12) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Summer Love** Drama. (2016, PG) ★★
10.00 **FILM Baking Up Love** Drama. (2021, PG) ★★
12.10 PM **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
2.10 **FILM Sister Dating Swap** Romantic comedy. (2023, PG, 89min) ★★
4.10 **FILM All of My Heart: Inn Love** Romance. (2017, PG, 90min) ★★
6.05 **FILM Wedding Do Over** Romantic drama. (2018, PG, 90min) ★★
8.00 **FILM Falling for the Manny** Romantic drama. (2023, PG, 89min) ★★
10.00 **FILM The Christmas Getaway** Drama. (2017, PG, 90min) ★★
11.55 **FILM A Very Country Christmas Homecoming** Drama. (2020, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sister Dating Swap** (2023)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Home and Garden**
1.00 PM **The Greatest Auction** A set of drums.
2.00 **Hello Campers**
3.00 **Flipping Profit**
4.00 **Supermarket Secrets Revealed**
5.00 **My Floating Home**
6.00 **The Greatest Auction**
7.00 **rafty Champions**
7.30 **My Greek Kitchen**
8.00 **Supermarket Secrets Revealed**
9.00 **Me and My Affair**
10.00 **Random Series**
10.30 **New Home DIY**
11.00 **FILM Girls Come First** Drama with John Hamill. (1975, 18, 43min) ★★
12.00 M'T **FILM On the Game** Comedy. (1974, 18) ★★
2.00 AM **FILM Deadly Recruits** Spy thriller starring Terence Stamp. (1986, PG, 92min) ★★★
4.00 **to 5.00** AM **In the Spotlight**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Fenn Street Gang**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 5/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **The Brian Conley Show**
1.10 **Star Maidens**
1.40 **The Champions**
2.40 **Space 1999** 5/24. (S2)
3.45 **Hank the Cowboy**
4.00 **Walking Westward**
4.30 **Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S3)
6.30 **Star Maidens**
7.00 **The Brian Conley Show**
7.30 **The Fenn Street Gang**
8.00 **The Champions**
9.00 **Drop the Dead Donkey**
10.00 **FILM Naked as Nature Intended** Comedy. (1961, 18, 61min) ★★
11.20 **FILM Blood for Dracula** Horror. (1974, 18) ★★
1.25 AM **Stereo Underground**
2.25 **The Rewind Jukebox**
3.25 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Perilous seas place Sean on a collision course with another boat. **8.00** Two old pals race to finish their seasons.
9.00 **Body Bizarre** A girl's neck dislocates at the slightest movement. **10.00** A man suffering from a rare bone eating disease shares his story.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food with Casey Webb**
7.00 **Hairy Bikers Go North**
8.00 **The Pioneer Woman**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
5.00 **Jamie's Comfort Food**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Marcus in the Med: Mallorca** The food Mallorcans eat on the go. **9.30** What Mallorcans eat on special occasions.
10.00 **Rick Stein's Food Heroes** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 10/22. (S6)
9.00 **T.J. Hooker** 1/22. (S2)
10.00 **The Invaders** (S2)
11.00 **FILM Beware! The Blob** Sci-fi comedy sequel. (1972, 15, 87min) ★★
1.00 PM **FILM The Great Alaskan Race** Drama. (2019, PG, 87min) ★★
2.45 **FILM The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
5.00 **Star Trek** 20/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 2/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Blitz** Crime thriller starring Jason Statham. (2011, 18, 97min) ★★★
11.00 **FILM The Negotiator** Action thriller. (1998, 15, 140min) ★★★★
1.55 AM **FILM Reasonable Doubt** Crime thriller. (2013, 15, 91min) ★★★
3.40 **to 5.15** AM **FILM Money Plane** Action thriller. (2020, 15, 82min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
11.00 **The Lost World** (S3)
12.00 NOON **FILM The Blood Beast Terror** Horror. (1967, 12, 88min) ★
2.00 PM **FILM End of the World** Disaster movie. (2018, PG, 88min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Princess of Mars** Sci-fi action adventure. (2009, 12, 90min) ★★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** (S3)
9.00 **FILM Sabotage** Thriller. (2013, 15, 107min) ★★
11.10 **FILM The Hatton Garden Job** Fact-based crime drama. (2017, 15, 93min) ★★★
1.05 AM **FILM Inside Out** Drama starring Triple H. (2011, 12, 93min) ★★
3.00 **FILM Princess of Mars**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Storage Hunters**
10.15 **Container Wars**
11.10 **Mountain Men**
12.10 PM **Curse of Skinwalker Ranch**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.05 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Storage Hunters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Skinwalker Ranch** Documentary.
10.00 **Beyond Skinwalker Ranch** Documentary.
11.00 **Unexplained Files**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Jane McDonald: From Pole to Pole** The singer travels to the Antarctic peninsula.
10.00 **Tom Read Wilson's Magnificent Journey** Tom visits Tuscany.
11.00 **Susan Calman's Grand Day Out**
12.00 M'T **Wentworth Prison**
1.00 AM **Happy Campers: The Caravan Park**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** A family of five from Leeds compete.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Nicholas Owen, Laila Rouass, Vanessa Feltz and Tim Vine compete for charity.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 15/24. Howard receives shocking news. **8.30** 16/24. Howard and Bernadette run into trouble at the airport after returning from Mrs Wolowitz's funeral. (S8)
9.00 **NEW Hunted by My Husband: The Untold Story of the DC Sniper** The murderous rampage carried out by DC sniper John Muhammad.
11.00 **People Magazine Investigates: Surviving a Serial Killer**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S8&9)
1.00 PM **Michael McIntyre's The Wheel** Game show.
2.00 **Friends** 9-22/24. (S9)
9.00 **Michael McIntyre's The Wheel** Guests include Dermot O'Leary, Jessica Ennis-Hill and Adam Kay.
10.00 **Impractical Jokers** New edition The guys ask for some help carrying furniture.
10.30 **Michael McIntyre: Happy & Glorious**
11.35 **Jimmy Carr's Am I the A**hole?**
12.35 AM **Whose Line Is It Anyway? USA**
1.35 **South Park** (S17)
3.05 **Rosie Jones Tries to Help** With Sophie Duker.
3.10 **Kevin Hart: Comedy Central Live** Stand-up.
3.35 **Bonnaroo Experience**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Spin City** 3&4/26. (S4)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 3&4/26. (S4)
7.00 **Everybody Loves Raymond** (S8&9)
10.00 **Friends** 7/24. Phoebe fails to impress her boyfriend's parents. (S9)
10.30 **Friends** 8-12/24. (S9)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 1/8. (S4)
2.30 **Teachers** (S3)
3.00 **Reno 911!** 1&2/11. (S8)
3.45 **Important Things**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.25 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 6/7. (S1)
12.25 PM **Man About the...**
12.55 **Goodnight Sweetheart**
1.30 **When the Boat Comes In** 11/13. Drama. (S1)
2.35 **Minder** 1/8. (S6)
3.40 **Just Good Friends** (S2)
4.15 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 2/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.45 **Rising Damp** 5/7. (S1)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 1/11. (S1)
9.00 **Benidorm** 4/9. (S9)
9.55 **Shameless** 14/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** (S1)
12.00 M'T **Benidorm** 4/9. (S9)
1.00 AM **Minder** 5/13. (S3)
2.05 **In Sickness & In Health**
2.40 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
11.00 **Catfish: Fiendish Friends**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation** Whitney gets a surprise.
9.00 **Just Tattoo of Us**
10.00 **Tattoo Fixers**
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

- 6.00 AM **How It's Made**
- 7.00 **Tanked** Double bill.
- 9.00 **The Last Woodsmen**
- 11.00 **Building Off the Grid**
- 1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
- 3.00 **How It's Made** Four editions of the series, including at: **4.00** Surgical instruments and double-decker buses. **4.30** The making of light bars and metal snare drums.
- 5.00 **Alaska: Homestead Rescue** The Raneys meet their match on a homestead in Idaho.

8.00 **Filthy Fortunes**

- 7.00 **Wheeler Dealers** Mike brings back a modern classic, a rare 2001 Audi S4 Avant, and Ant tries to fix an engine leak.
- 8.00 **Filthy Fortunes** New edition A police officer's house is packed with Beatles records, fishing gear and guns.
- 9.00 **Maine Cabin Masters** Chase and his team travel to Dedham, to restore a dilapidated camp that was once a schoolhouse.
- 10.00 **Ancient Unexplained Files** Experts reveal the mystery behind a red skeleton found in an abandoned Maya city.
- 11.00 **Expedition Bigfoot** Russell is unnerved by a discovery.
- 12.00 M'T **Deadliest Catch** A billion-dollar bounty lures crews beyond the bounds of rescue.
- 1.00 AM **Maine Cabin Masters**
- 2.00 **Ancient Unexplained Files**
- 3.00 **Gold Divers**
- 4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

- 8.00 AM **My Cat from Hell**
- 9.00 **The Dark Side of the Sun**
- 10.00 **Tanked** A butcher-block tank.
- 11.00 **Animal Cops Phoenix**
- 1.00 PM **Crikey! It's the Irwins**
- 2.00 **Pit Bulls & Parolees**
- 3.00 **My Cat from Hell** Jackson Galaxy helps a pet psychic. **4.00** A woman torn between her boyfriend and her cat.
- 5.00 **Lone Star Law** Mike Boone relocates a snapping turtle.
- 6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Dr Petra try to save a beloved husky's leg.

8.00 **Blue Serengeti**

- 7.00 **Treehouse Masters** Pete Nelson builds a treehouse for an Alaskan wilderness lodge.
- 8.00 **Blue Serengeti** Shark expert Barbara Block gives a portrait of three marine hotspots off the coast of California.
- 9.00 **Alaska: The Last Frontier** The Kilchers celebrate with their friends who have helped them to prepare for the winter.
- 10.00 **Alaskan Bush People** It's late autumn, and the Browns kickstart their ambitious cabin build.
- 11.00 **The Haunted** A woman wakes up with a cross on her head.
- 12.00 M'T **Crikey! It's the Irwins** Terri helps a cougar in need of a health check in Oregon.
- 1.00 AM **100 Days Wild**
- 2.00 **Treehouse Masters**
- 3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

- 8.00 AM **Dutch Caribbean Coastguards** Documentary.
- 9.00 **Air Crash Investigation**
- 10.00 **Atlantis: Draining the Lost City** The fabled city of Atlantis.
- 11.00 **Mysterious Islands**
- 12.00 NOON **Disaster Autopsy**
- 1.00 PM **Car S.O.S** A Ford Zodiac.
- 2.00 **Air Crash Investigation**
- 3.00 **Planes that Changed History**
- 4.00 **Defending Europe**
- 5.00 **Car S.O.S** Restoring a classic 1965 VW Karmann Ghia.
- 6.00 **Inside Sydney Airport** A simulated crash exercise.

10.00 **Yukon Rescue**

- 7.00 **Air Crash Investigation** A reconstruction of the Nigeria Airways crash of 1991 in Saudi Arabia.
- 8.00 **Air Crash Investigation** New edition During monsoon season in India, a Boeing 737-800 plunges into a gorge.
- 9.00 **To Catch a Smuggler** New edition Air and Marine Operations in St Thomas arrest a suspected smuggler.
- 10.00 **Yukon Rescue** Series finale Chief Mike and his volunteer firefighters respond to two emergencies.
- 11.00 **Air Crash Investigation**
- 12.00 M'T **Car S.O.S**
- 1.00 AM **To Catch a Smuggler**
- 2.00 **Lords of War**
- 2.30 **Abandoned** A lace factory.
- 2.55 **Bid & Destroy**
- 3.20 **Food Factory USA**
- 4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

- 6.00 AM **Full Custom Garage**
- 6.55 **Deadman's Curse**
- 8.45 **Pawn Stars** Double bill.
- 10.10 **Storage Wars** Four editions.
- 12.00 NOON **Digging for Britain**
- 1.00 PM **The Last Hunt for Nazi Gold** As shown at 9.00pm.
- 2.00 **Digging Up Britain's Past** Four editions, including at: **5.00** Archaeologists conduct a dig at Auckland Castle.
- 6.00 **American Pickers** Mike and Jersey peruse a stockpile of industrial relics belonging to a real-life heavy metal hero.

10.00 **Secret Sex Lives of Tyrants**

- 7.00 **Forged in Fire** Two bladesmiths are tasked to recreate one of the most widely used medieval weapons – the Falchion.
- 8.00 **Digging for Britain** Alice Roberts explores Boudicca's Hillfort and learns about a Roman Dodecahedron.
- 9.00 **NEW SERIES The Last Hunt for Nazi Gold** Guy Walters and Justine Ostrowska explore Nazi gold legends.
- 10.00 **Secret Sex Lives of Tyrants** New edition Uncovering Josef Goebbels' public devotion and private hypocrisy.
- 11.00 **Hitler's Secret Sex Life** The truth behind the rumours of Hitler's sex life, including whispers of homosexuality and sadomasochism.
- 12.00 M'T **Digging Up Britain's Past**
- 2.50 AM **The Last Hunt for Nazi Gold** As shown at 9.00pm.
- 3.40 **Digging for Britain**
- 4.25 **Pawn Stars** Documentary.
- 5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

- 6.00 AM **Celtics City**
- 7.05 **Discovering: Angela Bassett**
- 8.00 **The Directors**
- 9.00 **The Movies**
- 10.00 **UFO**
- 11.00 **The Seventies**
- 12.00 NOON **The Crime of the Century** 1&2/2. Documentary focusing on the relationship between Big Pharma and the US governmental regulators.
- 4.10 PM **Discovering: Angela Bassett** A profile of the actor.
- 5.05 **The Directors**
- 6.00 **The Movies**

8.00 **The Body Next Door**

- 7.00 **UFO** 1/4. Documentary exploring people's fascination with unidentified flying objects.
- 8.00 **The Body Next Door** 1/3. Documentary about a mysterious death in the South Wales Valleys.
- 9.00 **The Body Next Door** 2/3. As forensic officers race to find evidence, the investigation uncovers a complex web of lies.
- 10.00 **The Body Next Door** 3/3. Leigh Sabine becomes the prime suspect when DNA links her to the body wrapped in plastic.
- 11.00 **Costa Concordia: Chronicle of a Disaster** Documentary told from different perspectives of the sinking of the cruise ship.
- 1.00 AM **Missile from the East** An East German motorcycle racer who risked his life defecting to West Germany.
- 2.50 **Dettori**
- 5.00 **to 6.00** AM **Discovering: Angela Bassett**

7 PM
8 PM
9 PM
10 PM

Monday

Quest

140/141 149 128/137 17 145 18

- 6.00 AM **The Repair Shop**
- 7.00 **Salvage Hunters**
- 9.00 **Aussie Gold Hunters**
- 11.00 **Antiques Road Trip**
- 12.00 NOON **The Yorkshire Auction House**
- 1.00 PM **The Repair Shop**
- 2.00 **Shed and Buried**
- 4.00 **Celebrity Yorkshire Auction House**
- 6.00 **Antiques Road Trip**
- 8.00 **Shed and Buried**
- 9.00 **Shed and Buried: Classic Cars** New edition Henry Cole and Fuzz Townsend visit Burnham-on-Crouch in Essex to revive a rare military vehicle.
- 10.00 **MotoGP Highlights** The Grand Prix of the Americas in Austin.
- 11.00 **How Do They Do It?**
- 1.00 AM **Wheeler Dealers**
- 3.00 **Shed and Buried**
- 4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

- 7.00 AM **Forensic Detectives**
- 9.00 **FBI Files** Double bill.
- 11.00 **Judge Rinder's Crime Stories** Joanna Yeates.
- 12.00 NOON **Diabolical: Deadly Love**
- 1.00 PM **Disappeared**
- 2.00 **Murder on CCTV**
- 3.00 **10 Steps to Murder**
- 4.00 **American Monster**
- 6.00 **The Murder Tapes**
- 7.00 **Judge Rinder's Crime Stories** A woman who defrauded her friend out of thousands of pounds.
- 8.00 **Murder on CCTV**
- 9.00 **The Real Death in Paradise** Documentary.
- 10.00 **Britain's Deadliest Kids**
- 11.00 **Judge Rinder's Crime Stories** Joanna Yeates.
- 12.00 M'T **The Victorian Murder Files**
- 1.00 AM **The Killer in My Family** Fred West.
- 2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

- 9.00 AM **Judge Judy**
- 1.00 PM **Judge Judy**
- 7.00 **Murder UK** The story of how Faria Khan hired a group to execute a cold-blooded murder plot.
- 8.00 **Fraud Squad** A manager takes a gamble with an NHS credit card, and a dance troupe boss steals thousands of pounds.
- 9.00 **Descent of a Serial Killer** Examining Eddie Mosley's descent to being a serial killer.
- 10.00 **Murder UK** Series finale The case of Hannegret Donnelly, who secretly abused her husband for years.
- 11.00 **Bloodline Detectives** How serial killer Jerry McFadden murdered Anna Hlavka in 1979.
- 12.00 M'T **Judge Judy**
- 4.35 AM **Facing Evil**
- 4.55 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

- 9.00 AM **Cold Cases Reopened** Double bill.
- 10.45 **Teleshopping**
- 11.00 **48 Hours**
- 12.00 NOON **Medical Detectives** Four editions.
- 2.00 PM **Cold Cases Reopened** Double bill.
- 4.00 **48 Hours**
- 5.00 **Medical Detectives** A victim is unsuspectingly poisoned with arsenic. **5.30** Investigators use a meticulous reconstructive process to bring a killer to justice. **6.00** A forensic psychiatrist is brought in to help distinguish fact from fiction after a man is shot dead. **6.30** Vital clues are gleaned from the body of a 16-year-old girl.
- 7.00 **Judge Judy** Real-life small-claims cases.
- 12.05 AM **Judge Judy**
- 5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

- 6.00 AM **Road Wars**
- 7.00 **A1: Britain's Longest Road** Documentary.
- 8.00 **Caught Red Handed**
- 10.00 **Brit Cops: Frontline Crime UK** Documentary.
- 11.00 **Britain's Most Evil Killers**
- 12.00 NOON **Killer in My Village** Double bill.
- 2.00 PM **Killing Mum and Dad** Stephen Seddon.
- 3.00 **World's Most Evil Killers**
- 4.00 **Britain's Most Evil Killers**
- 5.00 **Killer in My Village**
- 7.00 **World's Most Evil Killers**
- 8.00 **Britain's Most Evil Killers**
- 9.00 **The Torso Killer**
- 12.20 AM **Forensics: Catching the Killer** True-crime.
- 1.10 **World's Most Evil Killers** **2.00** New edition The case of Robert Honsch.
- 3.00 **Britain's Most Evil Killers**
- 4.00 **Brit Cops: Rapid Response** Documentary.
- 5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

- 8.00 AM **Weathered: Earth's Extremes**
- 8.35 **Treasures Decoded**
- 9.35 **The Rise and Fall of the Rust Belt**
- 10.45 **The War** As 8.05pm.
- 11.55 **Inside Japan's War**
- 1.00 PM **Weathered: Earth's Extremes**
- 1.35 **Treasures Decoded**
- 2.35 **The Rise and Fall of the Rust Belt**
- 3.45 **The War** As 8.05pm.
- 4.50 **Inside Japan's War**
- 6.00 **Treasures Decoded**
- 7.00 **The Rise and Fall of the Rust Belt**
- 8.05 **The War** Hitler takes an enormous gamble.
- 9.15 **Inside Japan's War** An insight into Imperial Japan's military motives.
- 10.20 **The Rise and Fall of the Rust Belt**
- 11.30 **Weathered: Earth's Extremes**
- 12.00 M'T **The War**
- 1.10 **to 2.00** AM **Weathered: Earth's Extremes**

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Secrets of the Enchanted Waters**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Secrets of the Enchanted Waters** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Wolves and Lions: Old Enemies**
9.00 **Wild Sky**
10.00 **Secrets of the Enchanted Waters** Documentary.
11.00 **Africa's Hunters**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **New Kids in the Wild**
2.00 **Wolves and Lions: Old Enemies**
3.00 **Wild Sky**
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Weird or What? With William Shatner** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Weird or What? With William Shatner** A high-rise window cleaner survives a 50-storey fall.
6.00 **What on Earth?**
7.00 **Battle 360** A look at the USS *Enterprise*'s role in the Gilbert Islands invasion.
8.00 **History's Greatest Aircraft**
9.00 **Bone Detectives: Britain's Buried Secrets**
10.00 **Cracking the Code**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **How the Universe Works** New discoveries reveal that neutron stars have the power to destroy planets and even other stars. **10.00** Supernovas are the violent death of giant stars. New discoveries reveal how these events create the elements that are essential to all life in the universe.
11.00 **NASA's Unexplained Files** Experts investigate a mysterious object that the *New Horizons* spacecraft encountered, and which shut down the probe's computers. **12.00** M'T Astronomers discover a rogue black hole speeding through the Milky Way.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** A housewife dies in her hot tub.
9.00 **Ross Kemp: Lost Boys, Deadly Men** New edition The case of Hassan Sentamu, who stabbed 15-year-old Elianne Andam to death in 2023.
10.00 **Last Night Out**
11.00 **Menendez Brothers: Murder by Media** 2/2. The shocking case of Erik and Lyle Menendez.
12.30 AM **Ross Kemp: Lost Boys, Deadly Men** As 9.00pm.
1.30 **Britain's Darkest Taboos**
2.30 **Homicide Hunter**
3.30 **Hometown Tragedy**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide...**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Wild Spaces**
11.00 **Shark Men**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Legendary Catch**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet** Dr Michelle Oakley searches for a wild boar that is contributing to the overpopulation of the species.
7.00 **Secrets of the Zoo** Focusing on the baby animals at the zoo, including fluffy flamingo chicks.
8.00 **Untamed Americas** The American continent's wildlife. **9.00** The creatures that inhabit the continent's coasts.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Examining how Earth's solar system was formed.
1.00 PM **Mysteries of the Missing**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Bullet Points** The processes of the Gulf War in 1990 and 1991.
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah search for the Ark of the Covenant.
10.00 **How Do They Do It?**
11.00 **Salvage Hunters: The Restorers** An unusual oil lamp.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Mysteries of the Missing**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Top Gear**
1.00 PM **Top Gear** Five editions of the series, including at: **4.00** Richard Hammond and James May test the Renault Scenic and the Ford C-Max. **5.00** Jeremy Clarkson puts the Ford GT and the electric/petrol hybrid Toyota Prius to the test.
6.00 **The Two Ronnies** Vintage comedy sketches including Send in the Clones, Lightweight Louis Danvers and The Admirable Brighton. With guests Koo Stark and Barbara Dickson, who provides the music. **7.10** Barbara Dickson and Debbie Arnold guest star alongside Messrs Barker and Corbett, performing in a story called The Village of the Smiths. **8.20** Vintage comedy sketches from Messrs Barker and Corbett, including a Party sketch and An Appeal on Behalf of the Indecisive.
9.20 PM **to 6.00** AM **The Two Ronnies**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** A loving mother is murdered in her own home.
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** Lisa Reeves meets a charming man in uniform.
5.00 **Betrayed** Double bill.
7.00 **Still a Mystery** A case in which a bride-to-be vanished just weeks before her wedding. **8.00** The families of two deceased mothers continue to search for answers.
9.00 **Faking It: Tears of a Crime** The actions that marked Mark Galante out as a killer.
10.00 **Jessica Chambers: An ID Murder Mystery** The case of 19-year-old Jessica Chambers.
12.00 M'T **The Murder Tapes**
2.00 AM **Betrayed**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** A bizarre military vehicle enters the workshop.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Ant Anstead: Born Mechanic**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant decides to buy not one, but two Jaguar XJS models.
9.00 **Roadworthy Rescues**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

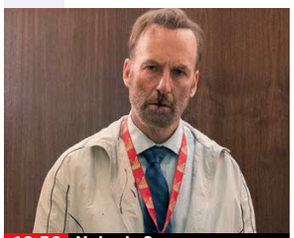
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Pets on a Train** Animation with the voice of Wyatt Bowen. (2025, PG, 87min) ★★★
7.30 **Hostages** As 5.20am.
9.15 **Nobody 2** As 10.50pm.
10.50 **Superman** As 5.45pm.
1.10 PM **One Battle After Another** As 8.00pm.
4.00 **Nobody 2** As 10.50pm.
5.45 **Superman** Fantasy adventure with David Corenswet, Nicholas Hoult and Rachel Brosnahan. (2025, 12, 129min) ★★★★



10.50 Nobody 2

8.00 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn, Benicio del Toro and Chase Infiniti. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Nobody 2 Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
2.10 **Man Finds Tape** Horror. (2025, 15, 84min) ★★★★
3.40 **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
5.20 **to 7.05** AM **Hostages** Comedy thriller. (2025, 15, 90min) ★★★

Sky Cinema Fun

303 303 403 503 517

7.10 AM **Hope Springs** As 3.15am.
8.55 **The Estate** As 5.00am.
10.35 **Caddyshack** As 1.35am.
12.15 PM **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
1.45 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
3.15 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
4.45 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
6.10 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★

6.10 Mamma Mia!

8.00 Miss Congeniality Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Miss Congeniality 2: Armed and Fabulous Comedy sequel starring Sandra Bullock, Enrique Murciano and Regina King. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ace Ventura Pet Detective** Comedy starring Jim Carrey and Courteney Cox. (1993, 12, 86min) ★★★★
1.35 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
3.15 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
5.00 **to 6.45** AM **The Estate** Comedy starring Toni Collette. (2022, 15, 96min) ★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
9.55 **Rob Peace** As 10.10pm.
11.55 **Jackie** As 12.10am.
1.40 PM **About Time** Romantic fantasy. (2013, 12, 120min) ★★★
3.45 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
5.50 **An Officer and a Gentleman** Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★

8.00 The Blind Side Fact-based drama starring Sandra Bullock. A wealthy white southerner adopts a homeless black teenager and spurs him on to sporting success. With Tim McGraw and Quinton Aaron. (2009, 12, 129min) ★★★
10.10 Rob Peace Drama directed by and starring Chiwetel Ejiofor, with Jay Will and Mary J Blige. A brilliant young man puts his bright future at risk to help his father. (2024, 15, 120min) ★★★

12.10 AM **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
1.55 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
3.35 **An Officer and a Gentleman**
5.40 **to 7.30** AM **The Shamrock Spitfire** Biographical drama. (2024, 12, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **The Radleys** Horror comedy. (2024, 15, 115min) ★★★
8.00 **Zombie Town** As 4.50am.
9.35 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
11.10 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
12.45 PM **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
2.40 **The Woman in the Yard** Horror. (2025, 15, 88min) ★★★

4.10 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
6.00 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
8.00 **Mickey 17** Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
10.25 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★

12.35 AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★
2.15 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
4.20 **Sky Cinema Preview**
4.50 **to 6.35** AM **Zombie Town** Horror comedy starring Marlon Kazadi. (2023, 12, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **The Emoji Movie** (2017) ★
8.00 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
9.40 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
11.20 **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
12.55 PM **Penguins of Madagascar** Animation. (2014, U) ★★★★
2.30 **Turbo** (2013, U) ★★★★
4.20 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
6.00 **Peter Rabbit** (2018, PG) ★★★

6.00 Peter Rabbit

7.40 **The Hobbit: The Battle of the Five Armies** Conclusion of the fantasy adventure trilogy, starring Martin Freeman, Richard Armitage and Ian McKellen. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Spy Kids** Action comedy starring Antonio Banderas and Carla Gugino. The two children of kidnapped secret agents strive to save their parents. (2001, U, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Smurfs** Family adventure. (2011, U, 103min) ★★
1.40 AM **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
3.30 **Harold and the Purple Crayon**
5.05 **to 6.00** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U) ★★★

Sky Cinema Action

306 306 407 507 521

6.10 AM **Shenandoah** Western. (1965, PG, 101min) ★★★★
8.00 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
9.55 **Terminator Salvation** Thriller. (2009, 12, 110min) ★★★
12.00 NOON **The Scorpion King** Fantasy. (2002, 12) ★★★
1.45 PM **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
3.55 **Justice League** (2017, 12) ★★
6.00 **Twister** Disaster movie. (1996, PG, 114min) ★★★

6.00 Twister

8.00 **The Mummy Returns** Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries With John Hannah and Arnold Vosloo. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Patriot** Epic period drama starring Mel Gibson, Heath Ledger and Jason Isaacs. (2000, 15, 167min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **High Plains Drifter** Western directed by and starring Clint Eastwood. (1972, 18, 105min) ★★★★
3.10 **Once Upon a Time in China II** Hong Kong action drama sequel. (1991, 15, 120min) ★★★
5.15 **Sky Cinema Preview**
5.45 **to 7.45** AM **Once Upon a Time in China III** Hong Kong historical action drama sequel. (1993, PG, 111min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
9.20 **Singin' in the Rain** (1952)
11.05 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
12.50 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
2.35 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.20 **Team America: World Police** Spoof. (2004, 15) ★★★★
6.05 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★

6.05 Singin' in the Rain

8.00 **The Phoenician Scheme** Wes Anderson's comedy starring Benicio del Toro. A businessman and his daughter find themselves the target of tycoons, terrorists and assassins. (2025, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Seven Psychopaths** Dark comedy thriller starring Colin Farrell, Sam Rockwell and Woody Harrelson. A Hollywood screenwriter gets caught up in murderous mayhem after his actor friend kidnaps a mobster's dog. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.10 AM **Jackass 3.5** Slapstick comedy. (2011, 18, 81min) ★★
2.40 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
4.35 **to 6.10** AM **Billy Madison** Comedy. (1995, PG) ★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Psycho** As 3.50am.
8.40 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
11.00 **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★
1.10 PM **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
3.20 **Ocean's Thirteen** Caper thriller sequel with George Clooney. (2007, PG, 122min) ★★★
5.25 **The Firm** Legal thriller. (1993, 15, 155min) ★★★

8.00 Hallow Road

8.00 **Hallow Road** Thriller starring Rosamund Pike. Two parents race against time after a call from their daughter reveals she caused a car accident. (2025, 15, 80min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

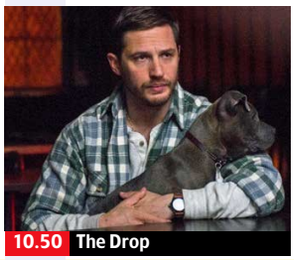
9.30 **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Falling Down** Controversial drama with Michael Douglas. (1993, 18, 115min) ★★★★
1.40 AM **True Romance** Crime thriller starring Christian Slater and Patricia Arquette. (1993, 18, 118min) ★★★★
3.50 **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
5.50 **to 7.20** AM **Jericho Ridge** Thriller with Nikki Amuka-Bird. (2023, 15, 87min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Curse of the Mummy** Animation. (2022, PG) ★★★
12.45 PM **Harvey** Comedy. (1950, b/w, U, 100min) ★★★★★
2.50 **River of No Return** Western. (1954, PG, 91min) ★★★
4.40 **Mr Hobbs Takes a Vacation** Comedy. (1962, U, 110min) ★★
6.55 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★


10.50 The Drop

Men in Black 3 (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. An assassin seeks to avenge the murder of his mentor. With Tony Goldwyn. (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Drop** Crime drama starring Tom Hardy. A bartender who secretly works for gangsters gets involved in a robbery gone wrong that digs up long-buried secrets. (2014, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 **to 3.25** AM **Dead Presidents** Crime drama starring Larenz Tate. (1995, 18, 119min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

6.40 AM **Men in Black 3** Sci-fi action comedy sequel with Will Smith. (2012, PG, 105min) ★★★★
8.30 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
10.05 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
11.50 **Spider-Man: Homecoming**
2.10 PM **Superman** As 8.00pm.
4.25 **E.T. The Extra Terrestrial**

6.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Nicholas Hoult. (2025, 12, 129min) ★★★★
10.15 **Spider-Man: Homecoming** Superhero adventure starring Tom Holland, Michael Keaton, Robert Downey Jr and Zendaya. (2017, 12, 133min) ★★★★

12.30 AM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
2.25 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★
4.20 **to 6.25** AM **Batman Forever** Comic-book adventure. (1995, 12, 121min) ★★★

Sky Cinema Greats

307 307 404 504 518

8.00 AM **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
9.55 **Back to the Future** Time-travel fantasy comedy. (1985, PG, 115min) ★★★★★
11.55 **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
1.55 PM **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★

4.00 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
6.00 **Ghostbusters** Supernatural comedy with Bill Murray, Dan Aykroyd and Sigourney Weaver. (1984, 12, 105min) ★★★★
8.00 **Ghostbusters II** Supernatural comedy sequel with Bill Murray, Dan Aykroyd and Sigourney Weaver. (1989, PG, 99min) ★★★
10.00 **Logan's Run** Sci-fi adventure starring Michael York, Jenny Agutter and Richard Jordan. (1976, PG, 115min) ★★★★

12.00 M'T **Pulp Fiction** Quentin Tarantino's black crime comedy. (1994, 18, 154min) ★★★★★
2.35 AM **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
4.25 **to 6.45** AM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★

Sky Cinema Animation

312 315 405 500 514

6.30 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.30 **Scooby-Doo! The Sword and...**
8.55 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
10.40 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
12.30 PM **Smurfs** Animated fantasy comedy. (2025, PG, 89min) ★★

2.15 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
4.00 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
5.40 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
7.40 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.35 **Super Charlie** Animation. (2025, PG, 82min) ★★★
11.10 **DC Super Hero Girls: Legends of Atlantis** Animated adventure. (2018, PG, 75min) ★★★

12.30 AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
1.50 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
3.20 **Super Charlie** As 9.35pm.
4.45 **to 6.25** AM **Noah's Ark** Animation. (2024, U) ★★★

Disney+ Cinema

305 305

6.00 AM **Lady and the Tramp** Animation. (1955, U) ★★★★★
7.25 **Toy Story** Animated adventure. (1995, PG, 77min) ★★★★★
8.50 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
10.25 **Hannah Montana: The Movie** Teen musical comedy spin-off. (2009, U, 98min) ★★★
12.10 PM **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★

1.45 **The Mighty Ducks** Sports comedy. (1992, PG, 103min) ★★
3.30 **The Wild** As 11.00pm.
4.55 **Freaky Friday** Fantasy remake. (2003, PG, 97min) ★★★
6.35 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.00 **The Life Aquatic with Steve Zissou** Comedy adventure. (2004, 15, 119min) ★★★★
11.00 **The Wild** Animated comedy adventure. (2005, U, 82min) ★★

1.00 AM **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
2.40 **Confessions of a Shopaholic** Romantic comedy starring Isla Fisher. (2008, PG, 104min) ★★★
4.30 **to 6.00** AM **The Haunted Mansion** Supernatural comedy. (2003, PG, 87min) ★★

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 37/38. (S1)
6.30 **Colonel Effingham's Raid** Comedy. (1945, U, 70min) ★★★
8.00 **Model for Murder** Mystery thriller starring Keith Andes. (1958, b/w, PG, 73min) ★★★
9.30 **The Painted Smile** Thriller. (1961, PG, 61min) ★★
10.45 **Web of Suspicion** Crime drama. (1959, b/w, PG, 70min) ★★★
12.00 NOON **Richard the Lionheart**

12.30 PM **The Flemish Farm** Drama. (1943, b/w, PG, 82min) ★★
2.10 **Four Star Theatre** 5/38. (S3)
2.40 **The Wicked Lady** Drama. (1945, b/w, PG, 104min) ★★★★
4.45 **Battle of the Coral Sea** War drama. (1959, b/w, PG) ★★
6.30 **The Vise** 26/26. (S2)
7.00 **The Footage Detectives**
8.00 **A Game of Murder** 1/6. (S1)
9.05 **The Undertaker** Thriller. (2023, 15, 85min) ★★
10.55 **Fighting Man of the Plains** Western. (1949, PG) ★★★

12.45 AM **Budgie** 6/13. (S2)
1.45 **Three Came Home** Drama. (1950, PG, 106min) ★★★★
3.50 **Miss MacTaggart Won't Lie Down** Short comedy.
4.20 **Rock You Sinners** Musical. (1958, b/w, U, 59min) ★★★
5.30 **to 6.00** AM **Honey West**

MONDAY Sport

30 March

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 **LIVE IPL** Rajasthan Royals v Chennai Super Kings. Coverage of the match at ACA Stadium, Guwahati. These teams will both be looking to improve this time around after ending last year as the bottom two in the table. The Royals won this meeting last season by just six runs early on in the tournament. Nitish Rana hit 81 from just 36 balls to lead Rajasthan to 182-9 before they restricted the Super Kings to 176-6 in their reply.
7.00 **Sports Centre**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **LIVE NBA Basketball** Miami Heat v Philadelphia 76ers. Coverage of the Eastern Conference match staged at Kaseya Center. Tip-off **11.00pm**.
2.30 AM **LIVE NBA Basketball** Oklahoma City Thunder v Detroit Pistons. Coverage of the inter-conference match staged at Paycom Center. Tip-off **2.30am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **The Big Interview**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Moments of the 2001/02 season.
2.00 PM **PL Retro** Arsenal v Everton.
4.00 **Premier League Stories**
4.30 **The Big Interview**
5.00 **The Premier League Show**
7.00 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's Bolton team of the early 2000s in the Premier League.
9.00 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
9.30 **The Big Interview**
10.00 **Transfer 360** A look at the transfers involving Michael Carrick and Dimitar Berbatov.
10.30 With Patrick Vieira.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from 2001/02.
1.00 AM **PL Retro** Another chance to see Arsenal v Everton from 1998.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
10.00 **Scottish Women's Cup**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Highlights** Championship.
2.00 PM **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **Scottish Women's Cup**
3.30 **EFL Highlights**
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **WSL** Arsenal v Tottenham Hotspur at Emirates Stadium.
9.00 **Scottish Women's Cup** Glasgow City v Rangers in the final.
9.30 **EFL Highlights** Action from Swansea City v Coventry City.
9.45 Highlights from Bristol City v West Bromwich Albion.
10.00 Charlton v Norwich City.
10.15 Hull v Sheffield Wednesday.
10.30 **EFL Highlights** Queens Park Rangers v Portsmouth.
10.45 Sheffield Utd v Wrexham.
11.00 Southampton v Oxford.
11.15 Watford v Leicester City.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2016/17 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
7.00 **IPL** A chance to see Mumbai Indians v Kolkata Knight Riders.
11.15 **Best of ICC WT20**
12.00 NOON **IPL** Highlights.
2.50 PM **LIVE IPL** Rajasthan Royals v Chennai Super Kings. Coverage of the match staged at ACA Stadium, Guwahati. These teams will both be looking to improve this time around after ending last year as the bottom two in the table. The Royals won this meeting last season by just six runs in a thrilling match early on in the tournament. Nitish Rana hit 81 from just 36 balls to lead Rajasthan to 182-9 before they restricted the Super Kings to 176-6 in their reply.
7.00 **Best of ICC WT20**
8.00 **IPL** Highlights from Mumbai Indians v Kolkata Knight Riders.
9.00 Rajasthan Royals v Chennai Super Kings at ACA Stadium.
10.00 **IPL** Tournament highlights.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** Another chance to see Rajasthan Royals v Chennai Super Kings at ACA Stadium, Guwahati.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **DP World Tour Golf**
11.00 **PGA Tour Golf** Houston Open.
4.00 PM **Best of the Women's Open**
4.30 **Best of the Open Zone 2023**
5.00 **Best of the Open Zone 2024**
6.00 **HotelPlanner Tour Golf**
6.30 **PGA Tour Golf** The fourth day of the Texas Children's Houston Open staged at Memorial Park Golf Course in Houston, Texas.
7.30 **DP World Tour Golf** Highlights from the Hero Indian Open.
8.00 **LPGA Tour Golf** The fourth day of the Ford Championship at Whirlwind Golf Club in Phoenix.
11.00 **PGA Tour Golf** Day four of the Texas Children's Houston Open.
12.00 M'T **DP World Tour Golf**
3.00 AM **PGA Tour Golf**
4.00 **School of Golf** Expert tips.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
10.30 **LIVE ATP Tennis** Coverage of day one of the ATP Bucharest Open, a clay-court tournament held at Centrul National de Tenis.
1.30 PM **LIVE ATP Tennis** Coverage of day one of the ATP Bucharest and ATP Marrakech Opens, both of which are clay-court tournaments held at Centrul National de Tenis and Royal Tennis Club de Marrakech respectively.
4.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the Tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **The Gallagher PREM**
11.00 **Premier League Stories**
11.30 **Premier League: Big Interview**
12.00 NOON **UEFA Champions League Magazine**
12.30 PM **Women's One-Day International Cricket**
1.30 **MLB Highlights**
2.30 **Cycling** Event highlights.
5.30 **The Breakdown**
6.00 **LIVE Ultimate Pool** Coverage from Group Two of the Pairs Cup, as some of the country's leading eightball players battle it out for places in the next stage.
9.30 **LIVE MLB** Kansas City Royals v Minnesota Twins. Coverage of the American League match from Kauffman Stadium. Start-time **9.10pm**.
12.00 M'T **PL: Big Interview**
12.30 AM **Premier League Stories**
1.00 **UEFA Champions League**
1.30 **Women's One-Day International Cricket**
2.30 **LIVE MLB** San Diego Padres v San Francisco Giants. Coverage of the National League match from Petco Park. Start-time **2.40am**.
5.30 **to 6.00** AM **Premier League**

TNT Sports 2

411 414 522 409 431

6.00 AM **World Superbikes**
7.00 **MotoGP** Grand Prix of Americas.
10.30 **World Superbikes**
11.30 **Motocross World Championship**
2.30 PM **World Superbikes**
3.30 **MotoGP** Action from the MotoGP Grand Prix of the Americas.
7.00 **World Superbike Highlights** Action from the second round of the season in Portimão, Portugal.
8.00 **MLB Highlights**
9.00 **LIVE MLB** Kansas City Royals v Minnesota Twins. Coverage of the American League match staged at Kauffman Stadium. These two teams last met in the regular season back in September when the Royals won a three-match series 2-1. They won the first two games 2-1 and 11-2 before suffering a 5-1 loss in the final match of the series. Start-time **9.10pm**.
12.00 M'T **Men's Cycling** The seventh stage of the Tour of Catalunya.
1.00 AM In Flanders Fields.
2.00 AM **Women's Cycling**
3.00 **Ski Jumping World Cup**
5.00 **A-League Women Highlights**
5.30 **to 6.00** AM **Football Archives: UEFA Champions League**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.30 **Women's Super League**
9.45 **Super League Highlights**
10.00 **Super League** Another chance to see Castleford Tigers v Hull FC.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super Bowl LX Highlights**
5.00 **NBC's Pro-Football Talk**
7.00 **Super Bowl LX Highlights** Seattle Seahawks v New England Patriots held at Levi's Stadium.
8.00 **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights** Seattle Seahawks v Houston Texans.
10.45 Highlights from Detroit Lions v Tampa Bay Buccaneers.
11.00 **LIVE NBA Basketball** Miami Heat v Philadelphia 76ers. Coverage of the Eastern Conference match staged at Kaseya Center. Tip-off **11.00pm**.
2.30 AM **LIVE NBA Basketball** Oklahoma City Thunder v Detroit Pistons. Coverage of the inter-conference match held at Paycom Center. Tip-off **2.30am**.
5.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
1.30 PM **LIVE ATP Tennis** Coverage of day one of the ATP Bucharest and ATP Marrakech Opens, both of which are clay-court tournaments held at Centrul National de Tenis and Royal Tennis Club de Marrakech respectively.
4.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the Tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
5.00 **LIVE Baller League** Coverage from the UK-based version of the six-a-side football league staged at Copper Box Arena in London.
11.00 **Sky Sports News** With live analysis, comment and interviews.
12.00 M'T **LIVE NBA Basketball** San Antonio Spurs v Chicago Bulls. Coverage of the Western Conference match held at Frost Bank Center. Tip-off **1.00am**.
3.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Super League** A match replay.
9.45 **EFL Greatest Games**
10.00 **ATP Tennis** Miami Open final.
12.00 NOON **TGL** Finals Series.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **ATP Tennis** Miami Open final.
5.00 **LIVE Baller League** Coverage from the UK-based version of the six-a-side football league staged at Copper Box Arena in London. Each match will consist of two halves that are 15 minutes long, and the last three minutes of each half will be played under 'gamechanger rules' such as 'threeplay', which will see the teams reduced to three-a-side.
11.00 **Men's T20 World Cup** England v Italy at Eden Gardens, Kolkata.
12.00 M'T **The Insiders** NFL news.
1.00 AM **TGL** Finals Series.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Women's One-Day International Cricket**
7.00 **Cycling** Event highlights.
10.00 **Ski Jumping World Cup**
12.00 NOON **Classic Premier League**
1.00 PM **The Gallagher PREM**
6.15 **UEFA Champions League**
6.30 **UEFA Europa League Goals**
6.45 **UEFA Conference League**
7.00 **Women's One-Day International Cricket** Action from New Zealand v South Africa.
8.00 **The Gruppetto** Cycling news.
8.15 **TNT Sports Cricket Reload**
8.30 **A-League Women Highlights**
9.00 **LIVE Men's Curling World Championship** Italy v Scotland. Coverage of the round-robin match from Weber County Ice Sheet in Ogden, Utah.
12.00 M'T **World Superbike Highlights**
1.00 AM **MotoGP** Recent action.
2.00 **World Superbike Highlights**
3.00 **to 6.00** AM **Motocross World Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Another chance to see Geelong Cats v Adelaide Crows.
7.30 A replay of Collingwood Magpies v GWS Giants.
9.00 Another chance to see St Kilda Saints v Brisbane Lions.
10.30 **AFL** A replay of Fremantle Dockers v Richmond Tigers.
12.00 NOON Essendon Bombers v North Melbourne Kangaroos.
1.30 PM Port Adelaide Power v West Coast Eagles.
3.00 A chance to see Carlton Blues v Melbourne Demons.
4.30 **UEFA Champions League Magazine** News and action.
5.00 **Ski Jumping** In Planica, Slovenia.
7.00 **Fencing Grand Prix** Action from the FIE Grand Prix in Lima, Peru.
8.00 **Powerlifting European Classic Championship** From Valletta.
9.00 **Fishing: On the Bank**
10.00 **UFC** Israel Adesanya v Joe Pyfer.
1.00 **to 6.00** AM **The Gallagher PREM**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
7.00 **United Rugby Championship**
11.00 **Sporting Greats**
12.00 NOON **United Rugby Championship** Bulls v Munster.
2.00 PM **NHL on the Fly**
2.30 **Downhill Skateboarding**
3.00 **Sporting Greats**
3.30 **United Rugby Championship**
5.25 **Sporting Greats**
5.55 **LIVE Swedish Hockey League** Coverage from the fourth game of a quarter-final.
8.30 **Sporting Greats**
9.00 **United Rugby Championship** A replay of Leinster v Scarlets.
11.00 **NHL Ice Hockey**
1.00 AM **Sporting Countdowns**
1.30 **LIVE NHL Ice Hockey** Colorado Avalanche v Calgary Flames. Coverage of the Western Conference match staged at Ball Arena. Face-off **1.30am**.
4.30 **Sporting Countdowns**
5.00 **to 6.00** AM **NHL Tonight**

Premier Sports 2

420 552

6.00 AM **Motorsport** Valentino Rossi.
6.30 **NASCAR** Cook Out 400.
10.30 **Bike World** Magazine.
11.00 **NASCAR O'Reilly Series** Action from Martinsville Speedway.
2.00 PM **Motorsport** A look at the career of Valentino Rossi.
2.30 **Top 14 Rugby Union** Action from the French top flight.
6.30 **Temples of Sport**
7.00 **URC in 60** Recent action.
8.00 **Elite Ice Hockey League** Glasgow Clan v Fife Flyers.
10.00 **NHL: This is Hockey**
11.00 **URC in 60** Highlights from the 14th round of fixtures.
12.00 M'T **LIVE NHL Ice Hockey** New York Islanders v Pittsburgh Penguins. Coverage of the Eastern Conference match at UBS Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **NHL Tonight** Top 20 centers.
4.30 **Motorsport** Drew Gibson.
5.30 **to 6.00** AM **Sporting Greats**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From Japan.
10.30 **Ted's Notebook**
11.00 **Formula 1** Japanese Grand Prix.
1.30 PM **The F1 Show** A look ahead.
2.30 **Formula 1** Japanese Grand Prix.
3.45 **Oscar Piastri Drives a V8 Supercar**
4.00 **Formula 1** Action from Japan.
6.00 **Ted's Notebook**
6.30 **Valtteri Bottas IV**
6.40 **Oscar Piastri Drives a V8 Supercar**
6.50 **Charles Leclerc IV**
7.00 **Formula 1** Japanese Grand Prix.
9.15 **Ted's Notebook**
9.45 **Brad Pitt x McLaren**
10.00 **Indycar** Grand Prix of Alabama.
12.30 AM **Ferrari Challenge UK**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

31 March

Evening Planner

Football

England v Japan

ITV1, kick-off 7.45pm

The Three Lions welcome Japan to Wembley for their last home game before this summer's World Cup finals.

Factual

Spymasters: The Great Spy Writers

Sky Arts, 9pm

A look at the lives and work of spy thriller authors, including the late Len Deighton.

Documentary

Three Men and a Baby

BBC4, 10pm

This *Storyville* documentary follows the emotional journey of three men who are expecting their first child together.

OnDemand

If It's Tuesday, It's Murder

Available today

A group of tourists in Lisbon discover one of their number murdered in this whodunnit.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Babies		10.00 News; Local News	10.40 Boarders †
	102 BBC2	7.00 Grand Tours of...	7.30 International Football – Live: Coverage of a World Cup qualifying play-off final (Kick-off 7.45)					10.00 QI	10.30 Newsnight
	103 ITV1	7.00 International Football – Live: England v Japan (Kick-off 7.45)						10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 The Hunt: Prey vs Predator		10.00 Gogglebox	
	105 5	‹ 6.30 Snooker: Tour Championship – Live		8.00 The Yorkshire Vet		9.00 The Teacher		10.00 Fare Dodgers: At War with the Law	
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Team GB: Winter...		9.00 Coleen Rooney: The Real Wagatha Story			
ENTERTAINMENT	115 BBC3		7.15 International Football – Live: Coverage of a World Cup qualifying play-off final (Kick-off 7.45)					9.45 Muslim Matchmaker	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Spring Walks	8.00 Keeping Up...	8.30 Sorry!	9.00 A History of Britain by Simon Schama		10.00 Storyville	
	118 ITV2	7.00 Celebrity Wheel of Fortune		8.00 The 1% Club		9.00 TikTok: Murder Gone Viral		10.00 Family Guy	
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Great Estates from Above		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Vicky Pattison: Maybe, Baby?		10.05 First Dates	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 The Last of Us				9.00 I Hate Suzie Too			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey		10.15 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?...	7.35 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Frankie Boyle's New...	10.40 QI XL
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Midsomer Murders	
	120 ITV4	‹ 5.45 Sharpe		8.00 World Superbike Highlights		9.00 The 1% Club		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Film: True Lies			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Death in Holy Orders				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Miss Scarlet		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from Tate Britain		9.00 Spymasters: The Great Spy Writers		10.00 Sean Connery vs James Bond	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Butchers of the Bayou			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush		10.00 Gold Rush: Mine Rescue with Freddy...	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Planes that Changed History		9.00 Nazi Megastructures: Battle Ready		10.00 Hitler's Last Stand	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Weird Britain		9.00 Britain's X Files		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Bangers & Cash				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 UFO		8.00 Death on the Beach					
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Superman		8.00 One Battle After Another					
	302 ADVENTURE	‹ 6.15 The Lego Movie		8.00 Superman				10.20 The Golden Compass	
	303 FUN	‹ 6.25 Zoolander		8.00 American Pie			9.40 American Pie 2		
	307 GREATS	‹ 6.20 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.40 The Naked Gun		
	312 ANIMATION		7.15 DC League of Super-Pets			9.05 Rebellious			
	304 FAMILY	‹ 6.00 Charlie and the Chocolate Factory		8.00 Lemony Snicket's A Series of Unfortunate Events			9.50 Paul Blart: Mall Cop		
	306 ACTION	‹ 5.45 The Mummy Returns		8.00 Spider-Man: No Way Home				10.30 Indiana Jones...	
	308 COMEDY	‹ 6.10 School of Rock		8.00 Big Daddy			9.35 Instant Family		
	309 THRILLER	‹ 6.15 Drop		8.00 The Bikeriders				10.00 True Romance	
	310 DRAMA	‹ 5.35 Coach Carter		8.00 It Ends with Us				10.15 Poison	
	311 SCI-FI	‹ 6.25 Cloverfield		8.00 10 Cloverfield Lane			9.50 The Watched		
	313 FILM4	‹ 6.50 Men in Black: International				9.00 Cocaine Bear			
SPORT	401 MAIN EVENT	7.00 Sports Centre						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Football, Cancer and Me		8.00 PL Stories	8.30 Big Interview	9.00 A Farewell to Txiki		10.00 Transfer 360	
	403 FOOTBALL	7.00 Scottish...	7.30 EFL Highlights				9.30 EFL Goals		10.30 EFL Highlights
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	‹ 6.30 MLB Highlights	7.30 Cycling Show	8.00 Superbike...	8.30 PL Stories	9.00 Men's Curling World Championship – Live: Italy v Poland			
	411 TNT SPORTS 2	‹ 6.30 NWSL			8.30 Playing for Our...	9.00 Cycling Show	9.30 Women's One-Day International Cricket		10.30 Cricket – Live

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Farm 999** New edition A criminal gang target northern farms. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Celebrity Homes Under the Hammer** Scarlett Moffatt. (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition 'Reverse-moves' exercise tips. (S)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** New edition From Sussex. (S)
3.45 **The Repair Shop on the Road** (R)
4.30 **The Finish Line** Quiz. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Sort Your Life Out

7 PM

7.00 **The One Show** JB Gill and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Josh attempts to put his best foot forward, Penny weighs her options, while Vinny's plans cause a stir. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** New edition 4/6. Stacey and the team are in Milton Keynes to help the Parej family, who have five children under nine, to transform their cramped and chaotic home. (S)(AD)

9 PM

9.00 **Babies** New episode 2/6. Lisa tries to stay positive in the face of her fears as she discovers she's pregnant again, while Dave overhears Amanda talking about her ex. (S)(AD) (S1)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Boarders** 5/6. It's final exams, and everyone is feeling the pressure. Leah is stressed that Felix will drag her down, but things are about to get a lot worse for them both. Toby makes a big play to try and cling on to his Cambridge offer and keep Abby. (S3) (S)(R)(AD)
11.25 **Boarders** 6/6. Femi is forced to choose between love and ambition, Omar tries to right his wrongs, Leah cracks under the pressure, and Toby makes a life-changing decision. (S3) (S)(R)(AD)
12.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Celebrity Homes Under the Hammer** Dianne Buswell. (S)(R)
7.15 **Bargain Hunt: Wood You Believe It?** Series highlights. (S)(R)(AD)
8.00 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Lightning** Quiz show. (S)(R)
3.00 **Clive Myrie's Italian Road Trip** Clive heads to Bologna. (S)(R)
3.30 **Monkey Planet** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** The team visit Salford. (S)(R)
5.10 **Flog It!** From Hampshire. (S)(R)
6.00 **Richard Osman's House of Games** With Ahir Shah, Michaela Strachan, Dr Xand van Tulleken and Vogue Williams. (S)(R)
6.30 **Rick Stein's Food Stories** (S)(R)

6.30 Rick Stein's Food Stories

7.00 **Grand Tours of Scotland's Rivers** Paul Murton explores the upper reaches of the River Dee. (S)(R)
7.30 **LIVE International Football** Coverage of a World Cup qualifying play-off final as two teams contest a place in this summer's finals in the USA, Canada and Mexico. Italy faced Northern Ireland and Wales took on Bosnia-Herzegovina in last week's Path A semi-finals, with the winners taking on each other at either Cardiff City Stadium or Stadion Bilino Polje. Kick-off is at 7.45. (S)
■ Another World Cup qualifying play-off final is live on BBC3

10.00 **QI** *Volatile:* Sandi Toksvig hosts, with Aisling Bea, Mark Watson and Michelle Wolf joining regular panellist Alan Davies. (S)(R)
10.30 **Newsnight** (S)
11.00 **Forensics: The Real CSI** 5/5. The investigation into the sexual assault of an 11-year-old girl. (S)(R)(AD)
12.00 M'T **The Misadventures of Romesh Ranganathan** (S)(R)(AD)
1.00 AM **Sign Zone: The Apprentice** 9/12. The remaining candidates are challenged to sell products on a TV shopping channel. (S)(R)(AD)
2.00 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
2.30 **Sign Zone: Death in Paradise** (R)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News; Local News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Charlene White, Russell Kane and Laurence Llewelyn-Bowen trying to guess well-known phrases to win £50,000 for charity. (S)(R)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 International Football

7.00 **LIVE International Football** England v Japan: Mark Pougatch presents all the action from the friendly at Wembley Stadium. This is a final opportunity for England head coach Thomas Tuchel to assess the players available to him before his World Cup squad is announced at the end of May, so those involved will be eager to impress. This is the first meeting between the sides since two own goals helped England to claim a 2-1 win just before the start of the 2010 World Cup. With analysis from Ian Wright and Roy Keane, commentary by Sam Matterface and Lee Dixon, and reports from Gabriel Clarke. Kick-off is at 7.45. (S)

10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 **FILM Creed III** Sports drama sequel directed by and starring Michael B Jordan. When a childhood friend resurfaces after a stint behind bars, Creed is lured back into the ring to settle an old score. (S)(AD) (2023, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Teleshopping**
3.00 **For the Love of Dogs with Alison Hammond** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Celebrity Sabotage** 1/6. Prank show, with Judi Love, Joel Dommett, Sam Thompson and GK Barry. (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 10-12/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 2/6. Matt transforms an old barn into a poultry shed. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From Kits Coty Glamping, Kent. (S)
5.30 **Come Dine with Me** New edition Law lecturer Sally hosts the second night in Sheffield. (S)
6.00 **Jasmine Harman's Renovation in the Sun** The enormity of the Spanish project hits home. (S)(R)

2.10 Countdown

7.00 **News** (S)

8.00 **The Dog House** New edition A Great Dane called Scooby comes to the shelter looking for a friend to take home, and a family have a double date with Moana the Labrador and Buffy the German shepherd puppy. (S)(AD)
9.00 **The Hunt: Prey vs Predator** New edition 6/9. With five Predators and only two Prey remaining, the competition undergoes a radical reset – and an agonising decision delivers the biggest upset of the game so far. (S)(AD)

10.00 **Gogglebox** The critics share their opinions on *The Four Seasons, Virgin Island, Race Across the World, The Piano, I Kissed a Boy, Made in Chelsea* and *Prue Leith's Cotswold Kitchen.* (S)(R)(AD)
11.00 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Open House: The Great Sex Experiment** A couple explore a non-monogamous lifestyle. (S)(R)
1.00 **Ramsay's Hotel Hell** (S)(SL)(R)(AD)
1.50 **The Hunt: Prey vs Predator** (S)(R)
2.45 **The Last Leg** (S)(SL)(R)
3.40 **Couples Come Dine with Me** (R)
4.35 **Sunday Brunch** (S)(R)
4.50 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.30 PM **LIVE Snooker: Tour Championship** The afternoon session on day two from Manchester Central, featuring two first-round matches. *Continues at 6.30pm.* (S)
5.00 **News** (S)
6.00 **Cash in the Attic** Jules Hudson helps people make money from unwanted items. (S)(R)
6.30 **LIVE Snooker: Tour Championship** Coverage of the evening session on day two from Manchester Central, featuring the conclusion of two first-round matches. *Continues on 5Action.* (S)

8.00 The Yorkshire Vet

LIVE Snooker: Tour Championship (started at 6.30pm)

8.00 The Yorkshire Vet New edition When a little girl's pony suffers a nasty injury in a field near the North Yorkshire coast, Peter Wright performs emergency 'al fresco' surgery. (S)

9.00 The Teacher New episode 2/4. Helen grapples with learning about Dee's suicide, and headmaster Simon Cookson tries to establish a support network for the students. (S3) (S)(AD) ■ Continues tomorrow

10.00 Fare Dodgers: At War with the Law Investigators Rich and Greg look for a suspect thought to have been scamming Transport for London for over a year, racking up more than £5,000 in unpaid fares. (S)(R)

11.05 **Call the Bailiffs: Time to Pay Up** In Coventry, a tenant becomes threatening. (S)(R)
12.05 AM **Police Code Zero: Officer Under Attack** (S)(R)
1.05 **Car Pound Cops** (S)(R)
1.35 **Teleshopping** (S)(R)
3.05 **Michael Crawford: Mr Entertainment** (S)(R)
4.15 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S2) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S3) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Micro Monsters with David Attenborough** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 4/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** *Lisa the Greek:* Lisa feels neglected. (S)(R) **5.30** *Homer Defined:* Homer becomes a local hero. (S)(R)
6.00 **The Office (US)** 28/28. Michael and Holly are reunited at a company picnic. (S5) (S)(R) **6.30** 1/26. Michael regrets starting a rumour. (S6) (S)(R)

9.00 The Real Wagatha Story

7.00 The Simpsons *Homer Alone:* Marge suffers a nervous breakdown and has to be packed off for a well-earned holiday. (S)(R) **7.30** *Bart the Lover:* Mrs Krabappel looks for love in the personal ads. (S)(R)

8.00 Rob & Romesh vs Team GB: Winter Special The duo try their hands at winter sports, with help from former ski-jumper Eddie 'the Eagle' Edwards and 2022 Olympic curling champion Eve Muirhead. (S)(R)(AD)

9.00 Coleen Rooney: The Real Wagatha Story 1/3. The Wagatha Christie trial captivated the nation as a celebrity story. This series features exclusive access to Coleen Rooney, the woman at the heart of it all. (S)(R)(AD)

10.00 Coleen Rooney: The Real Wagatha Story 2/3. Coleen thinks that she has identified Rebekah Vardy as the leak and announces it on social media. (S)(R)(AD)

11.00 **Ted** 7&8/8. (S2) (S)(R)(AD)
12.20 AM **Grimm** 4/22. (S2) (S)(R)
1.10 **Police 24/7** (S)(R)
2.00 NEW SERIES **The 'Burbs** 1/8. Comedy starring Keke Palmer and Jack Whitehall. A couple move back to the husband's childhood home – only to uncover dark secrets. (S) **3.00** New episode 2/8. Samira is convinced her new neighbour is up to no good. (S) (S1)
4.00 **Hawaii Five-0** 2/23. (S2) (S)(R)
5.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **10.40** Ultras (R) **11.25** Boarders (S)(R)(AD) **1.00am** Scotcast (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Greatest Gardens with Diarmuid Gavin and Carol Klein (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Byd o Liw: Arlunwyr **1.30** Cefn Gwlad (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Busnes Bwyd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sgorio **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.20 LIVE** Sgorio Rhyngwladol **10.00** Clwb Rygbi **10.30-11.35pm** Colli Cymru I'r Môr (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Jobless** One-off comedy.
7.15 **LIVE International Football** Coverage of a World Cup qualifying play-off final, as two teams contest a place in this summer's finals in USA, Canada and Mexico. Kick-off is at 7.45.
9.45 **Muslim Matchmaker** New editions 3/8. Mariam gets serious, while Fulani seeks connection. **10.20** 4/8. Noureen faces an unexpected challenge, and Hoda meets a new client. ■ Entire series on BBC iPlayer
10.55 **Behind Bars: Sex, Bribes and Murder** 1/2. Mobeen Azhar investigates an illicit prison economy.
11.55 **Behind Bars: Sex, Bribes and Murder** 2/2. Mobeen uncovers the murder of a former prison officer.
12.55 AM **Top Gear**
1.55 **Long Story Short: Peak Male Excellence**
2.10 **Long Story Short: Privileged** Short film.
2.25 **to 4.00** AM **Film Club**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1963 Citroën HY Van. **5.50** Tim and Fuzz head to Stockport to restore a 1994 Vauxhall Cavalier Turbo.
6.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house-hunters in Bath.
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer catch up with Paul and Dawn from the first edition back in April 2015, who were at loggerheads over what to do with their home in Huddersfield.
9.00 **Great Estates from Above** 2/4. Exploring the 10,000-acre Castle Howard Estate in North Yorkshire as it races to complete a massive renovation ahead of its spring opening to the public.
10.00 **24 Hours in A&E** An 89-year-old woman is brought in after she was found at the bottom of the stairs at her home.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Historic places of work.
7.30 **Spring Walks** Sara Davies explores the Swinton Estate in North Yorkshire.
8.00 **Keeping Up Appearances** Hyacinth spots a strange man in Elizabeth's house.
8.30 **Sorry!** Timothy plans a trip to see *Gone with the Wind*.
9.00 **A History of Britain by Simon Schama** 5/7. The historian reflects on the impact of the Black Death.
10.00 **NEW Storyville: Three Dads and a Baby** Documentary exploring a three-way relationship and a radically different approach to fatherhood.
11.15 **Dawn Chorus: The Sounds of Spring**
12.15 AM **Fred Dibnah's Magnificent Monuments**
12.45 **Spring Walks** As 7.30pm.
1.15 **Storyville** As 10.00pm.
2.30 **to 3.30** AM **Pompeii: The Mystery of the People Frozen in Time**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight Australia** Reality series.
11.40 **First Dates**
12.45 PM **Ramsay's Kitchen Nightmares USA**
1.40 **The Simpsons**
2.40 **Modern Family**
3.15 **Married at First Sight Australia** Reality series.
5.00 **Dance Moms: A New Era** New edition A rivalry is born when a new dancer arrives.
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Donny decides to propose to Misbah.
7.30 **Married at First Sight Australia** New edition Two new couples enter the marriage experiment.
9.00 NEW SERIES **Vicky Pattison: Maybe, Baby?** 1/2. Vicky and her husband Ercan decide whether they should they start a family.
10.05 **First Dates** Charlie hopes to use his Irish charm to win the affections of Charlotte.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
1.15 **Married at First Sight...**
2.40 **Vicky Pattison: Maybe, Baby?** As 9.00pm.
3.30 **The Goldbergs**
4.20 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

primetime

primetime

Tuesday

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

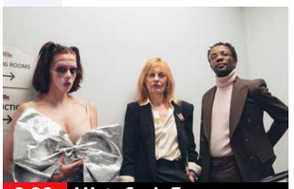
6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Stop, Search, Seize**
9.00 **Caught on Dashcam**
10.00 **A1: Britain's Longest Road**
11.00 **FBI** 16&17/22. (S7)
1.00 PM **The Rookie** 5/22. A new designer drug hits the streets of Los Angeles. **2.00** 6/22. Nolan and the team go treasure hunting. (S4)
3.00 **Law & Order: Criminal Intent** 16/21. A woman with a dark secret is murdered. (S3)
4.00 **Nothing to Declare**

9.00 The Rookie

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** From Berlin.
7.00 **Urban Secrets**
8.00 **Task** 3-7/7. (S1)
1.30 PM **The Last of Us** 1/7. Ellie makes a discovery. **2.35** 2/7. Astorm brews in the mountains, and Abby weighs up her options. **3.40** 3/7. Ellie prepares to petition the town council. **4.45** 4/7. Ellie and Dina find themselves in a battle. **5.50** 5/7. The WLF make a dangerous discovery. (S2)


9.00 I Hate Suzie Too

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **Billie and Greg: Family Diaries**
9.00 **The Only Way Is Essex**
10.00 **Real Housewives of Atlanta**
10.55 **Real Housewives of Beverly...**
12.05 PM **Supermarket Sweep**
1.05 **Wheel of Fortune**
2.05 **The Only Way Is Essex**
3.05 **Real Housewives of Cheshire**
4.05 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Second Sight:* A man collapses and dies outside a pub.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *A Talent for Deception:* Kate's ex-boyfriend finds himself under suspicion for a hit-and-run accident.

11.50 A Touch of Frost

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
7.55 **Magnum, PI**
8.55 **Kojak**
10.00 **Boon**
11.05 **The Sweeney**
12.20 PM **BattleBots**
1.20 **Magnum, PI**
2.20 **Kojak**
3.30 **Boon**
4.35 **The Sweeney** *Latin Lady:* A respected gynaecologist's suitcase goes missing.
5.45 **Sharpe** *Sharpe's Enemy:* 2/3. Hakeswill returns to create more mischief for Sharpe. (S2)

5.45 Sharpe

7 PM

7.00 Police 24/7 A stolen truck leads police on a high-speed chase, and a disgruntled mother picks up her drunk son.

6.50 The Last of Us *The Price:* 6/7. Joel surprises Ellie for her birthday, and he makes a difficult choice out on patrol. (S2)

7.00 Celebrity Wheel of Fortune Guests AJ Odudu, Gok Wan and Charlotte Church take part in the game show.

6.55 Heartbeat *Baby Blues:* A grandmother is suspected of stealing a baby from outside a shop.

Sharpe (started at 5.45pm)

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The Last of Us *Convergence:* 7/7. Ellie's search draws her towards a devastating confrontation. (S2)

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Vera *The Escape Turn:* DCI Stanhope investigates the case of a wealthy betting shop tycoon who was murdered during a home invasion in front of his wife and daughter.

8.00 World Superbike Highlights Action from the second round at Autodromo Internacional do Algarve in Portugal.

9 PM

9.00 The Rookie New episode *Baja:* 7/18. Harper and Lucy work undercover to investigate the murder of two women. (S8)

9.00 I Hate Suzie Too 1/3. With a new job on a reality TV show, Suzie fights to regain the love of the British public.

9.00 TikTok: Murder Gone Viral The case of Sania Khan, whose campaign for South Asian women's rights put her in danger.

9.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10 PM

10.00 Law & Order: Special Victims Unit *Duty to Hope:* 13/13. The team search for a suspect before his crimes escalate to murder. (S25)
11.00 **The Rookie** 13/18. (S7)
12.00 M'T **FBI** 11 & 12/22. (S7)
2.00 AM **Matlock** 10/19. (S1)
3.00 **FBI: International** 6/21. (S1)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

10.00 I Hate Suzie Too 2/3. As she tries to win the British public's affection, Suzie decides to show them who she really is. (S2)
11.00 **I Hate Suzie Too** 3/3. Suzie finds herself on the edge of glory and disaster. Stars Billie Piper. (S2)
11.55 **True Detective: Night Country** 5&6/6. (S4)
2.30 AM **Succession** 10/10. (S4)
4.05 **to 6.00** AM **Fish Town**

10.00 Family Guy 12/20. Lois takes Quagmire to her high-school reunion. **10.35** 13/20. Peter hires the town's lawyer. (S20)
11.05 **Family Guy** 7/20. Peter turns the Pewterschmidt mansion into a hotel. (S20)
11.35 **American Dad!** (S17)
12.35 AM **Bob's Burgers** (S14)
1.30 **Piglets** 3/6. (S1)
2.00 **Plebs** 3/8. (S3)
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Midsomer Murders *Left for Dead:* The murder of a couple in Dunstan awakens memories of a fatal road accident and the disappearance of a teenager 20 years earlier.
11.50 **A Touch of Frost** *Near Death Experience:* The detective's methods are called into question.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **River Monsters**
12.30 AM **World of Sport**
12.45 LIVE **Football: Road to 26** Croatia v Brazil: Coverage of the friendly. Kick-off is at 1.00.
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 LIVE **International Football** Ivory Coast v Scotland: All the action from the friendly at Hill Dickinson Stadium in Liverpool, as the nations meet for the first time. Kick-off is at 7.30.
9.45 **Ultras** Series finale 3/3. A look at what the future holds for the culture, examining if it could evolve into something sustainable and accountable, or what could possibly replace it.
10.30 **The Beauty Queen and the Catfish** 3/3. The victims finally have justice, but are still left urgently searching for answers about the motive of the perpetrator.
11.15 **Scotcast** Topical debate.
11.45 PM **to 12.00** M'T **Rewind 1990s**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S6)
9.00 **The Rehearsal** (S1)
10.15 **Upright** 3&4/8. (S1)
11.30 **American Auto** (S1)
12.30 PM **Will & Grace** (S7)
1.30 **The Rehearsal** (S1)
2.45 **Upright** 3&4/8. (S1)
4.00 **Breeders** 3&4/10. (S1)
5.00 **Hitmen** 3&4/6. (S1)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** (S5)
8.00 **Community** 10/22. The choir director tries to recruit the study group. **8.30** 11/22. Andre and Shirley decide to remarry. (S3)
9.00 **Saturday Night Live UK** Jamie Dornan hosts, with music by Wolf Alice.
10.15 **Brett Goldstein: The Second Best Night of Your Life** Stand-up.
11.30 **Breeders** 3&4/10. (S1)
12.30 AM **Hitmen** (S1)
1.30 **Community** (S3)
2.30 **Barry** 7&8/8. (S3)
3.40 **American Auto** (S1)
4.35 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Highlights**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Phil Collins: Going Back to Detroit**
3.00 **Skinner & Mina's Literary Road Trip**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from Tate Britain**
9.00 NEW SERIES **Spymasters: The Great Spy Writers**
10.00 **Sean Connery vs James Bond**
11.15 **Harold Lloyd: Hollywood's Timeless Comedy Genius**
12.15 AM **The Story of British Cinema**
1.45 **Artist of the Decade**
3.10 **Sky Arts from Hay**
4.05 **Laurie Lee: The Lost Interview**
5.05 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 12/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 13/26. (S1)
8.00 **Nothing to Declare**
9.00 **Fire Country** 13/22. (S1)
10.00 **FBI: International** *Unburdened:* 1/22. (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 6/10. (S3)
1.10 AM **The Force: North East** Documentary.
2.05 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Game show.
2.00 **Tenable** Five golfing friends take part.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Ellie tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton invites an executive assistant, funeral celebrant and support worker to solve tricky puzzles for the chance to win big money.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Amazing Spaces**
10.00 **Matt Baker: Our Farm in the Dales**
11.00 **A New Life in the Sun**
12.00 NOON **Jasmine Harman's Renovation in the Sun**
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **Old House, New Home**
7.00 **The Dog House**
8.00 **Britain's Most Luxurious Train Journeys**
9.00 **The Great Celebrity Bake Off for SU2C**
10.20 **Sarah Millican: Control Enthusiast**
11.25 **First Dates**
12.25 AM FILM **Benedetta** Historical drama. (2021, 18, 131min) ★★★
2.35 **Naked Attraction**
3.35 **Open House: The Great Sex Experiment**
4.35 **to 5.00** AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 5/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 6/26. (S7)
2.00 **Warehouse 13** 10&11/13. (S2)
4.00 **Stargate SG-1** 2/22. (S4)
5.00 **Star Trek: Voyager** 8/26. The crew go back in time. (S3)
6.00 **Star Trek: The Next Generation** 5/26. Part two of two. Riker is challenged to kill Captain Picard. (S7)

2.00 Warehouse 13

7.00 **Star Trek: Deep Space Nine** *Treachery, Faith and the Great River:* 6/26. Odo risks his own life to protect a defector. (S7)

8.00 **Stargate SG-1** *The Other Side:* 2/22. The team head for the planet Euronda in response to a plea for help. (S4)

9.00 **Grimm** *Three Coins in a Fuchsbau:* 13/22. Three coins have an unsettling effect on whoever possesses them.

10.00 **Grimm** *Plumed Serpent:* 14/22. Nick searches for a dragon-like monster that has killed two people with its fiery breath. (S1)
11.00 **The Walking Dead** 1/13. The group head to a military base after narrowly avoiding an explosion, and the search for Sophia leads to disaster for Rick's son Carl. (S2)
12.15 AM **Warehouse 13** (S2)
2.00 **The Walking Dead** As 11pm.
3.15 **Reginald the Vampire** (S1)
4.05 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 19/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 19/23. (S1)
5.00 **Hudson & Rex** 8/16. A reviled restaurateur's food truck explodes, killing one of his employees. (S1)
6.00 **My Life Is Murder** 7/10. An actor is murdered in the middle of a live performance. (S2)

9.00 Miss Scarlet

7.00 **Father Brown** *The Queen Bee:* The priest looks into the mysterious death of a beekeeper. Guest stars Nigel Planer.

8.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at her luxurious villa. Guest stars Kelvin Fletcher. (S10)

9.00 **Miss Scarlet** New episode *Trafalgar Spring:* 2/6. The divorce of a wealthy couple causes scandal. (S6)
■ Entire series on Box Sets

10.00 **Death in Paradise** *Music to My Ears:* 5/9. Part one of two. A concert pianist is shot dead during an apparent burglary. (S10)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S10)
1.00 AM **My Life Is Murder** (S2)
2.00 **Murdoch Mysteries** 21/24. Murdoch investigates the murder of a musician. (S15)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.05 **Dad's Army**
11.45 **Porridge**
12.25 PM **Keeping Up Appearances**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

5.00 Last of the Summer Wine

7.00 **Porridge** Blanco entrusts the whereabouts of his stashed fortune to Fletch.
7.40 **Dad's Army** Mainwaring discovers the extent of Jones's cash-flow crisis
8.20 **Are You Being Served?** The staff plan a dinner for Mr Grainger in honour of his long-standing service.

9.00 **Gavin & Stacey** Gavin goes on two stag nights. **9.35** Dave is unhappy about Nessa's plans to let Smithy see the baby.

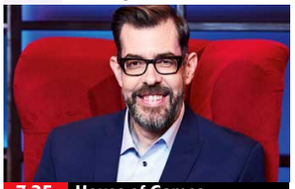
10.15 **Men Behaving Badly** Gary agrees to see a relationship counsellor.
10.55 **Harry Enfield and Chums** Kevin the Teenager falls ill.
11.30 **Gavin & Stacey** Double bill.
12.45 AM **Men Behaving Badly**
1.25 **Hi-de-Hi!** Jeffrey finds himself standing in for the local vicar.
2.15 **Don't Wait Up**
2.45 **The Green Green Grass**
3.20 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Popular spices.
8.00 **Special Ops: Crime Squad UK**
10.00 **Railroad Australia**
11.00 **Rick Stein: From Venice to Istanbul** As 5.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein: From Venice to Istanbul** The chef arrives in the Greek Peloponnese.
6.00 **Hairy Bikers' Best of British** Rabbit, grouse and venison.



7.35 House of Games

7.00 **Would I Lie to You? at Christmas** Guests include Christopher Eccleston.
7.35 **Richard Osman's House of Games** With Gemma Cairney, Tim Key, Gabby Logan and Jeff Stelling. **8.20** With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.

9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with guests Ria Lina and Matt Chorley.

10.00 **Frankie Boyle's New World Order** Guests include Sara Pascoe and Katherine Ryan.
10.40 **QI XL** With guests Tom Allen, Lou Sanders and Chris McCausland.
11.40 **Mock the Week**
12.20 AM **Would I Lie to You?**
1.00 **QI XL** With Justin Moorhouse.
2.00 **to 4.00** AM **Live at the Moth Club**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.40 **Doctors**
9.55 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** A retired sheepdog starts trying to round up cars.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Death in Holy Orders

7.20 **Last of the Summer Wine** Compo shocks everyone by making an effort to dress smartly in an attempt to woo a lady.

8.00 **Death in Holy Orders** 1/2. Thriller based on PD James's book, starring Martin Shaw. Commander Adam Dalgliesh investigates the case of a suspected serial killer and encounters greed and corruption.

10.00 **New Tricks** *Buried Treasure:* The team try to prove whether two people are really killers when they confess to a murder they could not possibly have committed.
11.00 **The Inspector Lynley Mysteries** *The Seed of Cunning.*
1.00 AM **All Creatures Great and Small** Rural drama.
2.00 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 17-19/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Engaged – Part One:* 8/24. An aircraft carrying dead US Marines crashes. **7.00** *Engaged – Part Two:* 9/24. Ziva and Gibbs lead the mission to rescue the captured US Marine. (S9) **8.00** *Sins of the Father:* 10/24. Tony's father is found drunk in a car that has a dead body in the boot. (S9)
9.00 **Law & Order** New episode *Bad Apple:* 8/22. When a narcotics officer is shot in the back, Brady heads to her former precinct to investigate. (S24)
10.00 **Law & Order: Special Victims Unit** (S24)
1.45 AM **Criminal Minds**
2.40 **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Sister Vicky battles a doctor shortage and a high influx of walk-in patients.
9.00 **A&E: Crash Scene Emergency**
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Police Interceptors**
11.30 **FILM Red River** Epic Western. (1948, b/w, U, 133min) ★★★★★
2.10 PM **FILM Chief Crazy Horse** Western drama. (1955, PG, 88min) ★★
4.00 **Mud Mountain Haulers**
4.55 **Traffic Cops**
6.00 **Police Interceptors** Police chase a stolen car until the driver crashes. **7.00** An officer has to use his Taser on a knife-wielding suspect.
8.00 **LIVE Snooker: Tour Championship** Further coverage of the evening session on day two from Manchester Central.
10.00 **Cops** Double bill.
11.00 **The X-Files** 17/24. (S1)
11.55 **Motorway Cops: Catching America's Speeders** Documentary.
12.55 AM **Outback Truckers**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **DIY SOS: The Big Build Ireland**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** A skier falls over on a steep slope and suffers a suspected brain injury.
9.00 **NEW SERIES Butchers of the Bayou** 1/4. True-crime series. The story of two serial killers – operating separately from each other – who terrorised Baton Rouge for over a decade. **10.00** New edition 2/4. Investigators focus on a man in a white pick-up, eventually identifying Derrick Todd Lee.
11.00 **Bad Girls Behind Bars**
1.00 **to 3.00** AM **Louis Theroux: Life on the Edge**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Ghosts of Alderney: Hitler's Island Slaves**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Ghosts of Alderney: Hitler's Island Slaves**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Operation Arctic**
8.00 **Bangers & Cash** A beautiful looking sports car has been fooling the punters and intriguing Derek. **9.00** Jack has his eye on a Peugeot 205 GTI.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
2.00 **to 3.00** AM **Ghosts of Alderney: Hitler's Island Slaves**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes in the City** From Miami.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **The Yorkshire Auction House**
7.00 **Celebrity Yorkshire Auction House**
8.00 **Antiques Road Trip** Roo Irvine and Mark Hill tour the Highlands.
9.00 **Who Do You Think You Are?** Actor Minnie Driver explores her family tree.
10.00 **Long Lost Family: What Happened Next**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 14-16/22. (S2)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S4)
5.20 **Bramwell** 7/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** Triple bill of episodes, including at: **8.30** 18/25. Radar offers words of comfort to a suicidal amputee. (S5)
9.00 **Brush Strokes** 5/13. Lionel is determined to scotch Jacko's relationship with Lesley. **9.40** 6/13. Jacko worries he's losing his charm. **10.20** 7/13. Leslie continues her relentless pursuit of Jacko. (S1)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S5)
2.25 **Home to Roost** (S3)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM Tracker** New Zealand-set period action drama. (2010, 12, 101 min) ★★★
2.15 PM **FILM Bullet to Beijing** Thriller sequel. (1995, 15, 101 min) ★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 **FILM The Patriot** Epic period drama with Mel Gibson, Heath Ledger and Jason Isaacs. (2000, 15, 167min) ★★★
12.20 AM **FILM Acts of Violence** Crime drama starring Bruce Willis. (2018, 15, 86min) ★★
2.20 **The Baron** 7/30. (S1)
3.15 **FILM Wrangler** Australian Western. (1989, 12, 92min) ★★
4.45 **to 6.00** AM **Tombstone Territory**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: All That Glitters** Crime drama. (2014, PG, 87min) ★★
10.05 **In Plain Sight** (S2)
11.05 **Castle** 4/22. (S8)
12.05 PM **The Chronicle Mysteries: Deep End**
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 5/22. (S8)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S2)
10.00 **FILM The Gourmet Detective: Roux the Day** Crime drama. (2020, PG, 83min) ★★
11.55 **FILM Garage Sale Mysteries: Murder By Text** Crime thriller. (2017, PG, 90min) ★★
1.50 AM **FILM Pretty Little Stalker** Crime thriller. (2018, PG, 87min) ★★
3.25 **to 5.00** AM **FILM A Mother Betrayed** Thriller. (2015, PG) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Be My Valentine** Comedy. (2013, PG, 90min) ★★
10.15 **FILM Summer Villa** Drama. (2016, PG) ★★
12.25 PM **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
2.20 **FILM Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
4.10 **FILM Rip in Time** Drama. (2022, PG, 84min) ★★
6.05 **FILM Once Upon a Holiday** Romantic drama. (2015, PG, 85min) ★★
8.00 **FILM The Boyfriend Trap** Comedy. (2022, PG, 90min) ★★
10.00 **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
12.00 M'T **FILM The Last Christmas Home** Drama. (2018, PG, 76min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Boyfriend Trap** (2022)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Home and Garden**
1.00 PM **The Greatest Auction** A guitar amp.
2.00 **Richard Wilson's Highland Fling**
3.00 **Flipping Profit**
4.00 **Supermarket Secrets Revealed**
5.00 **My Floating Home**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **Supermarket Secrets Revealed**
9.00 **Me and My Alcoholism**
10.00 **FILM Adventures of a Plumber's Mate** Comedy starring Christopher Neil. (1978, 18, 88min) ★
12.00 M'T **FILM House of Whipcord** Horror. (1974, 18, 101 min) ★★
2.00 AM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
4.00 **to 5.00** AM **Swinging London Session Musicians**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Fenn Street Gang**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 6/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **The Brian Conley Show**
1.10 **Star Maidens**
1.40 **Boon** 3/13. (S1)
2.40 **Rewind Time Machine**
2.45 **Space 1999** 6/24. (S2)
3.50 **We Had One of Those**
4.00 **Walking Westward**
4.30 **Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S3)
6.30 **Star Maidens**
7.00 **The Brian Conley Show**
7.30 **The Fenn Street Gang**
8.00 **Boon** 3/13. (S4)
9.05 **Drop the Dead Donkey**
10.05 **Primitive London**
11.50 **FILM A Clock Work Blue** Comedy drama. (1972, 18, 86min) ★★
1.35 AM **Stereo Underground**
2.35 **The Rewind Jukebox**
3.35 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The Coast Guard desperately scours the Bering Sea for a missing crab vessel. **8.00** One last storm bears down on Edgar, Bill, Sean and Jake.
9.00 **Hoffman Family Gold** Ice sets in, threatening to freeze the operation.
10.00 **Deadliest Catch** Landon embarks on his first solo mission.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Rick Stein's Food Heroes** Double bill.
7.00 **Hairy Bikers Go North**
8.00 **The Pioneer Woman**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
5.00 **Jamie's Comfort Food**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Jamie Oliver: Cooking for Less** Jamie is on a mission to make delicious dishes that won't break the budget.
10.00 **Jamie's Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 11/22. (S6)
9.00 **T.J. Hooker** 2/22. (S2)
10.00 **The Invaders** (S2)
11.00 **FILM Mammoth** Sci-fi action thriller. (2006, 12, 90min) ★★★
1.00 PM **FILM Between Heaven and Hell** Psychological drama. (1956, PG, 94min) ★★
3.00 **FILM Lancaster Skies** Drama. (2019, PG) ★★
5.00 **Star Trek** 21/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 3/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Gold** Thriller with Matthew McConaughey. (2016, 15, 120min) ★★★
11.25 **FILM Dead Man Running** Crime thriller. (2009, 15, 92min) ★★★
1.20 AM **FILM Born to Raise Hell** Action thriller. (2010, 18, 92min) ★★
3.15 **to 5.00** AM **FILM Red** Thriller with Brian Cox. (2008, 15, 93min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM End of the World** Disaster movie. (2018, PG, 88min) ★★
11.00 **The Lost World** (S3)
12.00 NOON **FILM Princess of Mars** Sci-fi adventure. (2009, 12, 90min) ★★
2.00 PM **FILM 7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **The Poseidon Adventure** 1/2. Drama.
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** (S3)
9.00 **FILM The Courier** Thriller starring Olga Kurylenko and Gary Oldman. (2019, 18, 99min) ★
11.00 **FILM Hammer of the Gods** Action adventure starring Charlie Bewley. (2013, 18, 94min) ★
1.00 AM **FILM The Courier**
3.00 **The Poseidon Adventure** 1/2. Drama.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Storage Hunters**
10.15 **Container Wars**
11.10 **Mountain Men**
12.10 PM **Curse of Skinwalker Ranch**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly** New edition
4.05 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Storage Hunters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Rust Valley Restorers**
11.00 **Road Wars**
12.00 M'T **Bermuda Triangle**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **The Hotel Inspector** Alex Polizzi visits East Sussex to help a duo with their shepherd huts business.
10.00 **Inside the Four Seasons: Park Lane**
11.00 **Rich Holiday, Poor Holiday** From Morocco.
12.00 M'T **Wentworth Prison**
1.00 AM **Happy Campers: The Caravan Park**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** A team of five from Merseyside take part in the quiz show.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Fern Britton, Matthew Hoggard, Michelle Mone and Neil Morrissey take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 23/24. Sheldon and Leonard's mothers finally meet each other. **8.30** 24/24. Sheldon presses Leonard and Penny to choose a date for their wedding. (S8)
9.00 **Mock the Week**
10.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's The Wheel** Game show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** 3-6/16. (S9)
12.00 NOON **Michael McIntyre's The Wheel**
1.00 PM **Friends** (S9&10)
7.25 **Friends** 3/18. Ross treats himself to a spray tan. **7.55** 4/18. Emma's first birthday arrives. **8.25** 5/18. Rachel's sister looks after Emma. (S10)
9.00 **FILM True Lies** Action comedy starring Arnold Schwarzenegger and Jamie Lee Curtis. (1994, 15, 141 min) ★★★★
11.45 **Whose Line Is It Anyway? USA**
12.45 AM **South Park**
2.10 **Lee Evans: Live in Scotland** Stand-up.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 1&2/16. (S9)
7.00 **Teleshopping**
9.00 **Spin City** 5&6/26. (S4)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S1&2)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 5&6/26. (S4)
7.00 **Everybody Loves Raymond** (S9)
10.00 **Friends** 13/24. Ross tries to make Rachel jealous. **10.35** 14/24. Joey and Phoebe play Cupid. (S9)
11.05 **Friends** 15-18/24. (S9)
1.05 AM **Ricky Gervais Show**
2.05 **Utopia** 2/8. (S4)
2.35 **Teachers** (S3)
3.05 **Reno 911!** (S8)
3.45 **Roast the Internet**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 7/7. (S1)
12.25 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 12/13. Drama. (S1)
2.35 **Minder** 2/8. (S6)
3.40 **Just Good Friends** (S2)
4.20 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 3/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.45 **Rising Damp** 6/7. (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 2/11. (S1)
9.00 **Benidorm** 5/9. (S9)
9.55 **Shameless** 15/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** (S1)
12.00 M'T **Benidorm** 5/9. (S9)
1.00 AM **Minder** 6/13. (S3)
2.05 **In Sickness & In Health**
2.35 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs US**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Love Triangles**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **MTV Cribs: Mind-Blowing Mansions**
9.00 **Skin A&E** Documentary.
10.00 **Dating Naked UK**
11.00 **All Star Shore**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** The making of nail clippers and canola oil. **4.30** Dial thermometers, hummus and straw sombreros.
5.00 **Alaska: Homestead Rescue** The Raneys answer an urgent call from central Alaska.

9.00 Gold Rush

7.00 **Wheeler Dealers** Mike hunts down a Swedish classic – the 2001 Saab 9-3 – and manages to nab himself a bargain.
8.00 **Wheeler Dealers** Mike and Ant take a chance on a 2006 Porsche Cayenne Turbo S with potentially daunting repair bills.
9.00 **Gold Rush** New edition Tony spends millions on a new piece of ground for Mike, while Kevin struggles with a recent hire.
10.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition Juan constructs his largest-ever hopper build.
11.00 **Expedition Bigfoot** The team members uncover a potential Bigfoot kill zone.
12.00 M'T **Deadliest Catch**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** In Matagorda Bay, Game Warden Tommy Johnson joins a team rescuing hundreds of sea turtles.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and the team race against time to treat an English bulldog who swallowed a rock.

9.00 Project Grizzly

7.00 **Treehouse Masters** Pete is on a treehouse holiday to the pine forest glory of Scandinavia, starting with Norway's TreeTop Hotel.
8.00 **The Pool Master** A pair of fitness fiends want a multi-purpose pool they can use for exercise and entertaining friends.
9.00 **Alaska: The Last Frontier** The Kilchers put their own distinctive spin on the traditional Secret Santa gift exchange.
10.00 **Alaskan Bush People** Gabe is attacked by an ostrich and loses one of his most prized possessions in the process.
11.00 **The Haunted** A mother is sceptical when her children say they have seen a figure lurking in the bathroom.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Blue Serengeti**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Yukon Rescue**
9.00 **Air Crash Investigation: Special Report**
10.00 **Sunken Treasures Revealed: Drain the Ocean**
11.00 **Mysterious Islands**
12.00 NOON **Europe from Above**
1.00 PM **Car S.O.S** A Lotus Elan.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** Tim and Fuzz tackle their first motorbike. **5.00** The duo secretly restore a classic 1971 Triumph GT6.
6.00 **Inside Sydney Airport**

6.00 Inside Sydney Airport

7.00 **Air Crash Investigation** How a pilot saved the day when he lost the engines of the aircraft while flying through a thunderstorm.
8.00 **Planes That Changed History** The story of Concorde, a flying marvel that has become synonymous with speed.
9.00 **Nazi Megastructures: Battle Ready** A look at the importance of Panzers in Hitler's conquest of Poland and France.
10.00 **Hitler's Last Stand** After most of his regiment are wiped out, a battalion adjutant must lead his company into battle.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Vintage rackets.
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Deadman's Curse**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **Britain's X Files**
2.00 **History's Greatest Mysteries**
3.00 **Ross Kemp: Shipwreck Treasure Hunter**
4.00 **Ross Kemp: Deep Sea Treasure Hunter** Double bill.
6.00 **American Pickers** Mike turns to one of the best mechanics in America to breathe life into a bunch of Harleys and Indians.

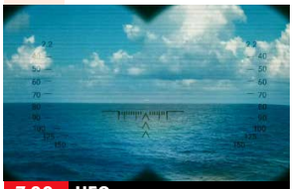
10.00 History's Greatest...

7.00 **Forged in Fire Armed Forces Tournament** Bladesmiths try to forge V-42 Stilettos and the US Army Officer's sword.
8.00 **Weird Britain** Andy McGrath explores Roman Wales, visiting ancient sites and tracing Welsh Druidry's final stand.
9.00 **Britain's X Files** New edition Investigating mysteries including vanished pilots and psychic Cold War experiments.
10.00 **NEW SERIES History's Greatest Mysteries** The mystery of Area 51, one of America's most tightly guarded enigmas.
11.00 **Mission Unexplained** Reports of odd phenomena.
12.00 M'T **Ross Kemp: Shipwreck Treasure Hunter**
12.55 AM **Ross Kemp: Deep Sea Treasure Hunter** Double bill.
2.50 **Britain's X Files** As 9.00pm.
3.40 **Weird Britain** As 8.00pm.
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **The Curse of Oak Island**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Jeff Goldblum**
8.00 **The Directors**
9.00 **The Movies**
10.00 **UFO**
11.00 **The Seventies**
12.00 NOON **I Am Bruce Lee**
2.00 PM **Brazil 2002** Documentary following the Brazilian national team through the 2002 World Cup.
3.50 **My Icon: Kadeen Corbin**
4.00 **Discovering: Jeff Goldblum**
5.00 **The Directors**
6.00 **The Movies**



7.00 UFO

7.00 **UFO** 2/4. Elite US Navy pilots encounter an unidentified aerial phenomenon in 2004.
8.00 **Death on the Beach** 1/3. The stories of young travellers who have died on the backpacking Thai island of Koh Tao.
9.00 **Death on the Beach** 2/3. Boyne Annesley tracks down the last person to see his daughter Chrissie alive.
10.00 **Death on the Beach** 3/3. Boyne Annesley follows up leads that he hopes will prove what happened to Chrissie.
11.00 **The Ringleader: The Case of the Bling Ring** The story of a crime spree by suburban teens in 2008 and 2009.
1.00 AM **The Man Who Stole The Scream** The story of the theft of Edvard Munch's painting.
3.00 **MoviePass, MovieCrash**
4.50 **My Icon: Anthony Joshua**
5.00 **to 6.00** AM **Discovering: Jeff Goldblum**

7 PM
8 PM
9 PM
10 PM

Tuesday

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Richard Hammond's Workshop** New edition The Cogs take centre stage at Britain's premiere car show.
10.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Burnham-on-Crouch in Essex to revive a military vehicle.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Exploring the case of Adam Vincent.
8.00 **Murder on CCTV**
9.00 **Feds** New edition FBI agents in Detroit begin to uncover a heart-breaking nationwide adoption scam.
10.00 **Road Rage** Double bill.
11.00 **Judge Rinder's Crime Stories** Zoe Dronfield.
12.00 M'T **The Killer in My Family** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** How nurse Victorino Chua betrayed his oath by secretly poisoning patients.
8.00 **Fraud Squad** The case of a recycling company manager who stole £2million of public cash.
9.00 **Descent of a Serial Killer** Dr Bryanna Fox examines the crimes of Robert 'Bobby' Joe Long, who murdered at least 10 women in an eight-month period.
10.00 **Killers: Caught on Camera** In America, a murder in a garage is recorded on camera while police pursue their suspect to the border.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Double bill.
4.00 **48 Hours** A famed Los Angeles hairstylist is killed in his backyard.
5.00 **Medical Detectives** A young woman falls from a cliff to her death. **5.30** A young woman decides to investigate her mother's disappearance. **6.00** The 10-year-old case of a couple's murder is uncovered. **6.30** An investigation into a street fight that took the life of a wrestling champion.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Britain's Longest Road**
8.00 **Caught Red Handed**
10.00 **Brit Cops: Frontline Crime UK** Documentary.
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
2.00 PM **Killing Mum and Dad** Michael Clarke.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Evil Killers** New edition
10.00 **Forensics: Catching the Killer** Double bill.
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the Killer** Julie Clayton.
2.00 **Murder Uncut**
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Treasures Decoded**
9.35 **The Rise and Fall of the Rust Belt**
10.50 **The War** As 8.35pm.
11.55 **Inside Japan's War**
1.00 PM **Weathered: Earth's Extremes**
1.50 **Treasures Decoded**
2.50 **The Rise and Fall of the Rust Belt**
4.00 **The War** As 8.35pm.
5.15 **Inside Japan's War**
6.20 **Treasures Decoded**
7.20 **The Rise and Fall of the Rust Belt**
8.35 **The War** A look at the violence in the Pacific during early 1945.
9.40 **Inside Japan's War** How Japan secured victory in Malaya and the fall of Singapore.
10.50 **The Rise and Fall of the Rust Belt**
12.00 M'T **The War**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Deadly Australians**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Deadly Australians**
7.00 **Monkey Life** Double bill.
8.00 **Jaguar Journals**
9.00 **Attenborough's Journey** The making of *First Life*.
10.00 **Deadly Australians** The country's toxic, venomous and dangerous creatures.
11.00 **Africa's Hunters**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **New Kids in the Wild**
2.00 **Jaguar Journals**
3.00 **Attenborough's Journey**
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Weird or What? With William Shatner** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Weird or What? With William Shatner** Residents in Texas report strange lights in the sky.
6.00 **What on Earth?**
7.00 **Battle 360** The Carrier Task Force's 1944 assault on Kwajalein and Truk Lagoon.
8.00 **History's Greatest Aircraft** The Supermarine Spitfire.
9.00 **Secret Wars Uncovered**
10.00 **Dark Marvels: Killing Machines**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **Savage Builds**
1.00 PM **Blowing Up History**
3.00 **Killers of the Cosmos**
6.00 **How It's Made: Dream Cars**
6.30 **How It's Made**
9.00 **Savage Builds** Adam Savage joins forces with a NASA engineer to rebuild a rocket-propelled super weapon, which was originally built to breach barbed wire in World War Two.
10.00 **Extreme Engineering** Danny Forster visits Rotterdam to examine plans to expand the city's port – the largest earth-moving project in history
11.00 **You Have Been Warned** The top 20 internet legends.
12.00 M'T The world's fastest electric dragster.
1.00 AM **Alien Highway**
2.00 **Killers of the Cosmos**
4.00 **Truth Behind the Moon Landing** Documentary.
5.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Imperfect Murder**
6.00 **The First 48**
7.00 **Cold Case Files** The body of a supposed runaway is discovered in a Florida swamp.
8.00 **Accident, Suicide or Murder?** A pregnant army wife is found shot dead at home.
9.00 **The Toolbox Murders** 2/2. The psychological dynamics behind the crimes come to light.
10.00 **Spring Break Murders** New edition The 40-year cold case of a student's murder.
11.00 **Murder at the Motel**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Wild Spaces**
11.00 **Shark Men**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Mashatu: Land of Leopards**
3.00 **Legendary Catch**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Featuring flying goats, a lethal king cobra and a rhino that paints.
8.00 **Florida Untamed: Where Reptiles Rule** Examining the wildlife of the US state.
9.00 **Day of the Dragon** A look at the challenges facing the world's biggest lizards.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The variety of planets that make up the universe.
1.00 PM **The Alaska Triangle**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Attack and Capture: The Story of U-Boat 505** The German submarine's capture by the US Navy.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **Salvage Hunters: The Restorers** A carousel horse.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **The Alaska Triangle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **Secret Army** *Ambush:* 7/13. Bradley makes his first mistake.
6.10 *Just Light the Blue Touch Paper:* 8/13. The Resistance tackle the new V2 weapons.
7.20 *Sound of Thunder:* 9/13. The Allied advance threatens Lifeline's collaborators, and Albert's imprisonment leaves the force helpless.
8.30 *Collaborator:* 10/13. Albert is released, only to be confronted by his old communist enemies, who view him as a collaborator.
9.40 *Days of Judgement:* 11/13. Freedom brings new terror for Lifeline, while Monique and Kessler disappear.
10.50 *Bridgehead:* 12/13. Monique starts a new life.
12.00 M'T *The Bridgehead:* 13/13. Monique and Madeleine make a big decision. (S3)
1.10 AM **Secret Army**
5.15 **to 6.00** AM **TBA**

+1hour 266 376

ID

154 140 166

8.00 AM **Betrayed**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** When Erika Verdecia goes missing, her family launch their own search for her.
5.00 **Evil Stepmothers**
7.00 **Til Death Do Us Part** A relationship in which passion soon turned to poison.
8.00 The story of how fierce arguments turned a couple's dreams into a nightmare.
9.00 **A Crime to Remember** A case from 1968 in which Cheryl Perveler was found dead with gunshot wounds.
10.00 **Evil Lives Here**
12.00 M'T **Murder Among Friends**
2.00 AM **Evil Stepmothers**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard threatens to ditch the whole project.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Ant Anstead: Born Mechanic**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant hopes to restore and sell a 1973 Lotus Elan.
9.00 **Roadworthy Rescues**
10.00 **Supertruckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
8.35 **Superman** As 5.40pm.
10.55 **One Battle After Another**
1.45 PM **On Swift Horses** Drama starring Daisy Edgar-Jones, Jacob Elordi and Will Poulter. (2024, 15, 119min) ★★★
3.55 **Hostages** As 10.50pm.
5.40 **Superman** Fantasy adventure with David Corenswet, Nicholas Hoult and Rachel Brosnahan. (2025, 12, 129min) ★★★★

5.40 Superman

8.00 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn, Benicio del Toro and Chase Infiniti. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Hostages Comedy thriller starring Charlotte Ritchie, Tanya Moodie and Nicholas Asbury. After an explosion at a London hotel, three people are swept up in the chaos. (2025, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
2.10 **Materialists** Romantic comedy with Dakota Johnson. (2025, 15, 116min) ★★★★
4.10 **to 6.00** AM **Coyotes** Comedy thriller. (2025, 15, 110min) ★★★

Sky Cinema Fun

303 303 403 503 517

6.45 AM **Zoolander** As 6.25pm.
8.30 **Zoolander 2** As 11.30pm.
10.25 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.25 PM **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
2.25 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
4.25 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
6.25 **Zoolander** Comedy. (2001, 12, 89min) ★★★★

4.25 Superbad

8.00 American Pie Comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom – which is only three weeks away. (1999, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 American Pie 2 Teen comedy sequel starring Jason Biggs and Shannon Elizabeth. Four friends rent a lakeside house for the summer, and one decides he needs some sexual experience before the visit of a sexy Czech exchange student. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★
1.15 AM **Superbad** As 4.25pm.
3.10 **Sky Cinema Preview**
4.10 **to 6.10** AM **Fools Rush In** Romantic comedy starring Matthew Perry and Salma Hayek. (1997, 12, 109min) ★★

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
8.55 **It Ends with Us** As 8.00pm.
11.10 **Coach Carter** As 5.35pm.
1.35 PM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
3.50 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
5.35 **Coach Carter** Fact-based sports drama with Samuel L Jackson. (2004, 12, 136min) ★★★

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★
10.15 **Poison** Drama starring Tim Roth and Trine Dyrholm. A former couple reunite years after a tragedy drove them apart. (2024, PG, 86min) ★★★★
11.50 **Wish You Were Here** Drama starring Isabelle Fuhrman. (2025, 12, 99min) ★★★

1.30 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
3.50 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
5.30 **to 7.25** AM **Turtles All the Way Down** Romantic drama. (2024, 12, 111 min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
8.50 **47 Metres Down** Horror. (2017, 15, 89min) ★★★
10.25 **Cuckoo** As shown at 4.25am.
12.10 PM **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
2.35 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
4.30 **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★

6.25 **Cloverfield** Offbeat disaster movie with Lizzy Caplan and TJ Miller. (2007, 15, 81 min) ★★★
8.00 **10 Cloverfield Lane** Mystery thriller starring Mary Elizabeth Winstead and John Goodman. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
9.50 **The Watched** Horror thriller starring Dakota Fanning. (2024, 15, 102min) ★★★★

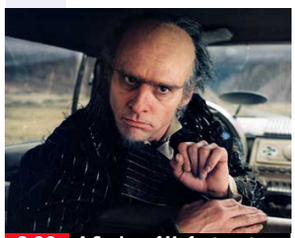
11.35 **From Dusk Till Dawn 3: The Hangman's Daughter** Chiller sequel. (2000, 18, 94min) ★★
1.15 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
3.30 **Sky Cinema Preview**
4.25 **to 6.10** AM **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **Penguins of Madagascar** Animation. (2014, U) ★★★★
7.40 **Bee Movie** (2007, U) ★★★
9.20 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
11.05 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
12.45 PM **The Smurfs** (2011, U) ★★
2.30 **The Smurfs 2** (2013, U) ★★
4.20 **Peter Rabbit** (2018, PG) ★★★
6.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★



8.00 A Series of Unfortunate...

8.00 Lemony Snicket's A Series of Unfortunate Events Fantasy comedy starring Jim Carrey, Emily Browning and Liam Aiken. Three orphaned siblings are sent to live with an evil count. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Paul Blart: Mall Cop Comedy starring Kevin James. An overweight security guard becomes an unlikely hero when a gang target his mall's bank and take the staff hostage. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
1.00 AM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
2.40 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
4.30 **to 6.05** AM **Spy Kids 3: Game Over** Action comedy sequel. (2003, U, 84min) ★★★

Sky Cinema Action

306 306 407 507 521

7.45 AM **300** Epic adventure. (2006, 15, 116min) ★★★★
9.45 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
11.35 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
2.05 PM **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
4.00 **Venom: Let There Be Carnage** Fantasy sequel. (2021, 15, 97min) ★★★
5.45 **The Mummy Returns** Fantasy. (2001, 12, 129min) ★★★★

8.00 Spider-Man: No Way Home

8.00 Spider-Man: No Way Home Comic-book adventure sequel starring Tom Holland. Peter Parker asks Doctor Strange for help to change the past, only to face foes from parallel universes. With Zendaya and Benedict Cumberbatch. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

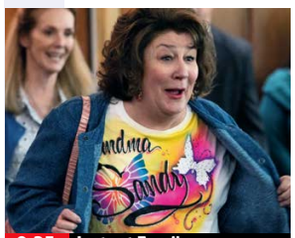
10.30 Indiana Jones and the Temple of Doom Steven Spielberg's action adventure, a prequel to *Raiders of the Lost Ark*, starring Harrison Ford. (1984, PG, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.35 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
5.25 **The Cinema List: Heroes**
5.45 **to 7.30** AM **Hounds of War** Action thriller. (2024, 15) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Hope Springs** As 2.40pm.
7.50 **Mean Machine** (2001, 15) ★★
9.35 **Mean Girls** (2004, 12) ★★★★
11.15 **Role Models** Comedy. (2008, 15, 99min) ★★★★
1.00 PM **Team America: World Police** (2004, 15) ★★★★
2.40 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
4.25 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★



9.35 Instant Family

8.00 Big Daddy Comedy starring Adam Sandler. A law school graduate adopts a five-year-old boy to impress his girlfriend. With Kristy Swanson. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Instant Family Comedy starring Mark Wahlberg and Rose Byrne. A couple decide to adopt, but get more than they bargained for when they take in a rebellious teen and her two siblings. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Blazing Saddles** Mel Brooks' irreverent Western spoof. (1974, 12, 90min) ★★★★
1.10 AM **Jackass Presents: Bad Grandpa .5** Hidden camera comedy. (2014, 15, 82min) ★★
2.40 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.20 **Sky Cinema Preview**
5.20 **to 7.00** AM **Caddyshack** Comedy. (1980, 15) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.20 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
10.05 **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★
12.15 PM **Force of Nature: The Dry 2** Thriller sequel. (2024, 15, 120min) ★★★
2.15 **Hallow Road** Psychological thriller with Rosamund Pike. (2025, 15, 80min) ★★★★
3.50 **Vanilla Sky** As 12.05am.
6.15 **Drop** Thriller starring Meghann Fahy. (2025, 15, 95min) ★★★★

10.00 True Romance

8.00 The Bikeriders Crime drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. With Mike Faist and Michael Shannon. (2023, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 True Romance Crime thriller scripted by Quentin Tarantino, starring Christian Slater and Patricia Arquette as a young couple on the run from mobsters pursuing a $5million stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*. (2001, 15, 136min) ★★★
2.25 **Thieves Highway** Thriller. (2025, 15, 110min) ★★★
3.55 **to 6.00** AM **Gloria** Thriller. (1980, 15, 121min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Monster House** Animation. (2006, PG, 91min) ★★★★
12.50 PM **Secret Headquarters** Family comedy adventure. (2022, PG, 104min) ★★★
2.50 **Jason and the Argonauts** Adventure. (1963, U) ★★★★
5.00 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
6.50 **Men in Black: International** Fantasy comedy sequel. (2019, 12, 110min) ★★★

10.55 New Life

Men in Black: International (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Cocaine Bear Comedy thriller starring Keri Russell. An oddball group of cops, criminals, tourists and teens encounter a bear that goes on a murderous rampage after ingesting cocaine. (2023, 15, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 PREMIERE **New Life** Horror starring Hayley Erin, Sonya Walger and Tony Amendola. (2023, 15, 100min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 **to 3.15** AM **Father Stu** Drama starring Mark Wahlberg, Mel Gibson and Teresa Ruiz. (2022, 15, 124min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

6.25 AM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
7.55 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
9.45 **Spy Kids 3: Game Over** Sci-fi action comedy sequel. (2003, U, 84min) ★★★
11.15 **Superman** As 8.00pm.
1.30 PM **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
3.05 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
4.40 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
6.15 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. (2025, 12, 129min) ★★★★
10.20 **The Golden Compass** Fantasy starring Dakota Blue Richards. (2007, PG, 109min) ★★★
12.15 AM **The Last Airbender** Fantasy. (2010, PG, 103min) ★★
2.00 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
3.50 **Super Charlie** Animation. (2025, PG, 82min) ★★★
5.20 **Sky Cinema Preview**
5.50 **to 7.25** AM **Trolls** Animated musical. (2016, U, 92min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.45 AM **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★★
8.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★
10.05 **Logan's Run** Sci-fi adventure. (1976, PG, 115min) ★★★★
12.05 PM **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
2.05 **Ghostbusters II** Action comedy sequel. (1989, PG, 99min) ★★★
4.05 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
6.20 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
9.40 **The Naked Gun** Spoof police thriller starring Leslie Nielsen. (1988, 15, 85min) ★★★★
11.10 **The Naked Gun 2½: The Smell of Fear** Police comedy sequel. (1991, 15, 81min) ★★★
12.40 AM **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
2.05 **In & Out** As shown at 6.45am.
3.45 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
5.30 **The Cinema List: Sky Originals**
5.55 **to 7.35** AM **Arthur** Comedy. (1981, 15, 93min) ★★★★

Sky Cinema Animation

312 315 405 500 514

6.25 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.25 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★
8.50 **Sneaks** (2025, PG) ★★
10.30 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
12.10 PM **Happy Feet** Animation. (2006, U, 108min) ★★★★
2.10 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
5.40 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
7.15 **DC League of Super-Pets** Animation. (2022, PG) ★★★
9.05 **Rebellious** Animated adventure. (2024, PG, 94min) ★★★
10.45 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
12.05 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
1.25 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
2.45 **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★★
4.10 **Scarygirl** (2023, PG) ★★★
5.45 **to 7.10** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Disney+ Cinema

305 305

6.00 AM **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
7.35 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
9.20 **The Many Adventures of Winnie the Pooh** Animation. (1977, U, 71min) ★★★
10.35 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
12.15 PM **Bambi** Classic animation. (1942, U, 69min) ★★★★★
1.25 **The Wild** Animated comedy adventure. (2005, U, 82min) ★★
2.50 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
5.15 **Father of the Bride** Comedy. (1991, PG, 105min) ★★
7.00 **Mufasa: The Lion King** Musical drama prequel featuring the voice of Aaron Pierre. (2024, PG, 118min) ★★★★
9.00 **The Beach** Exotic drama. (2000, 15, 118min) ★★★
11.00 **Gifted** Drama starring Chris Evans. (2017, 12, 101min) ★★★★
12.45 AM **Hitman: Agent 47** Action thriller. (2015, 15, 92min) ★★
2.25 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
4.25 **The Wild** As shown at 1.25pm.
5.45 **to 6.00** AM **Myth: A Frozen Tale**

Talking Pictures

328 445 82 306 36

6.00 AM **The Adventures of Jim Bowie** 6/38. (S1)
6.35 **The More the Merrier** Comedy. (1943, b/w, PG, 97min) ★★★
8.40 **Do You Know This Voice?** Mystery. (1964, b/w, PG) ★★★
10.15 **Forbidden** Dark thriller. (1948, b/w, PG, 87min) ★★★
12.00 NOON **Suspected Person** Crime drama with Clifford Evans. (1942, b/w, PG, 74min) ★★★
1.30 PM **Adventures of William Tell**
2.00 **The One That Got Away** Drama. (1957, b/w, U, 110min) ★★★
4.15 **La Mariee Est Trop Belle** Comedy. (1956, b/w, PG) ★★★
6.10 **Look at Life**
6.25 **Whiplash** 8/34. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **Gideon's Way** 26/26. (S1)
9.00 PREMIERE **Murders in Collioure** French crime thriller. Subtitled. (2015, 15, 95min) ★★★
10.50 **Cellar Club with Caroline Munro**
10.55 **The World of Hammer**
11.30 **The Haunting of Julia** Horror. (1977, 15, 98min) ★★★
1.30 AM **Budgie** 7/13. (S2)
2.30 **The Big Combo** Cult film noir. (1954, b/w, PG, 90min) ★★★★
4.15 **Look at Life**
4.30 **Target: The Corruptors** (S1)
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 31 March

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 **LIVE IPL** **Punjab Kings v Gujarat Titans.** Coverage of the T20 match at PCA Stadium in New Chandigarh. These sides met once last season in a high-scoring match that saw 475 runs scored across both innings, with Punjab coming out on top after winning by 11 runs.
7.00 **Sports Centre**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE NBA Basketball** **Houston Rockets v New York Knicks.** Coverage of the inter-conference match staged at Toyota Center. Tip-off **12.00m't.**
3.30 AM **Sky Sports News**
4.00 **to 6.30** AM **LIVE NBA Basketball** **Los Angeles Clippers v Portland Trail Blazers.** Coverage of the Western Conference match at Intuit Dome. Tip-off **4.00am.**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Transfer 360**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** A look at the 2003/04 season.
2.00 PM **PL Retro** Another chance to see Manchester United v Arsenal at Old Trafford from 2002.
4.00 **Transfer 360** Alan Shearer.
4.30 John Hartson.
5.00 **The Premier League Show**
7.00 **Football, Cancer and Me** Sky Sports News' Jo Wilson meets others in football to share what it takes to rebuild lives after cancer.
8.00 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
8.30 **The Big Interview** A Premier League star discusses his career.
9.00 **A Farewell to Txiki** Taking a look at the impact Txiki Begiristain had on Manchester City.
9.45 **Pep Guardiola: 1000 Club**
10.00 **Transfer 360** Transfer stories.
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Jimmy Glass: The Great Escape** Sports documentary.
6.30 **EFL Rivalries**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Action from Chelsea v Liverpool in the final.
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy Football** Action from the 2023/24 final.
12.00 NOON **EFL Highlights**
1.30 PM **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **WSL** Chelsea v Aston Villa.
3.00 **EFL Highlights**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **Scottish Women's Cup** Glasgow City v Rangers in the final.
7.30 **EFL Highlights** Action from games in the Championship.
9.30 **EFL League One Goals** A round-up of recent strikes.
10.00 **EFL League Two Goals** Strikes from the competition.
10.30 **EFL Highlights** Action from games in the Championship.
11.00 **WSL** Arsenal v Tottenham Hotspur at Emirates Stadium.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2018 play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** The 2025 final.
7.00 **IPL** A replay of Rajasthan Royals v Chennai Super Kings in Guwahati.
11.15 **Best of ICC WT20**
12.00 NOON **IPL** Recent action.
2.50 PM **LIVE IPL** **Punjab Kings v Gujarat Titans.** Coverage of the T20 match at PCA Stadium. Both these teams reached the play-offs last season, but the Titans were beaten by Mumbai Indians in the Eliminator and the Kings lost out to Royal Challengers Bengaluru in the final. These sides met once last season in a high-scoring match that saw 475 runs scored across both innings, with Punjab coming out on top after winning by 11 runs.
7.00 **Best of ICC WT20**
8.00 **IPL** Highlights from Rajasthan Royals v Chennai Super Kings.
9.00 Punjab Kings v Gujarat Titans.
10.00 Action from Rajasthan Royals v Chennai Super Kings.
11.00 Punjab Kings v Gujarat Titans held at PCA Stadium.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** Another chance to see Punjab Kings v Gujarat Titans.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **School of Golf**
7.00 **Nick Dougherty's Tee Time Tips**
8.00 **Playing Lessons**
9.00 **Best of Golf**
9.30 **The Improvers**
10.00 **PGA Tour Golf**
11.00 **DP World Tour Golf**
11.30 **Golf Academy**
12.30 PM **Best of the Open Zone 2016**
1.30 **Best of the Open Zone 2017**
2.30 **Best of the Open Zone 2018**
3.30 **The Golf Fitness Show**
4.00 **Mark Roe's Short Game School**
4.30 **Chronicles of a Champion Golfer**
5.30 **DP World Tour Golf** Indian Open.
6.00 **PGA Tour Golf** Houston Open.
7.00 **PGA Tour Champions** Action from the Cologuard Classic.
8.00 **DP World Tour Golf** Highlights from the Indian Open.
8.30 **Scotland's Greatest Holes**
9.00 **Masters Official Film 2025**
10.00 **Masters: Last Nine on Sunday**
11.00 **DP World Tour Golf**
11.30 **Tour Golf Highlights**
12.00 M'T **PGA Tour Golf**
1.00 AM **How the 2014 Ryder Cup Was Won** Tournament review.
3.00 **PGA Tour Golf**
4.00 **School of Golf**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **The Gallagher PREM**
6.15 **The Gruppetto** Cycling news.
6.30 **Premier League: Big Interview**
7.00 **Champions League Magazine**
7.30 **Sign Up – Into Football**
8.15 **Kenny Allstar's Number 1's**
8.30 **Premier League Stories**
9.00 **Classic Premier League**
10.00 **The Gallagher PREM** Highlights.
3.15 PM **Olympic Odyssey**
4.30 **Classic Premier League**
5.30 **Premier League: Big Interview**
6.00 **Premier League Stories**
6.30 **MLB Highlights**
7.30 **The Cycling Show**
8.00 **World Superbike Rewind**
8.15 **MotoGP Rewind**
8.30 **Premier League Stories**
9.00 **LIVE Curling** **Italy v Poland.** The men's World Championship match at Weber County Ice Sheet in Ogden, Utah.
12.00 M'T **MotoGP Rewind**
12.15 AM **World Superbike Highlights**
1.15 **The Gruppetto**
1.30 **MLB Highlights**
2.30 **LIVE MLB** **Seattle Mariners v New York Yankees.** Coverage from T-Mobile Park. Start-time **2.40am.**
5.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP**
9.30 **World Superbike Highlights**
10.30 **Men's Cycling** Highlights.
11.30 **Women's Cycling**
12.30 PM **Women's One-Day International Cricket** Action from New Zealand v South Africa.
1.30 **MLB Highlights** Baseball action.
2.30 **Sign Up – Into Football**
3.15 **LIV Golf** Review of the fifth round of the season in South Africa.
4.15 **The PREM – The Wrap Up**
4.30 **Cycling** Men's In Flanders Fields.
5.30 Women's In Flanders Fields.
6.30 **NWSL** Highlights from NJ/NY Gotham FC v Denver Summit.
7.30 Highlights from Denver Summit v Washington Spirit.
8.30 **Playing for Our Future – Rugby**
8.45 **The Gruppetto** Cycling news.
9.00 **The Cycling Show**
9.30 **Women's One-Day International Cricket** Action from New Zealand v South Africa.
10.30 PM **to 7.30** AM **LIVE Women's One-Day International Cricket** **New Zealand v South Africa.** Coverage of the second ODI in the three-match series held at Cello Basin Reserve in Wellington.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** A replay from Castleford Tigers v Hull FC.
9.00 **Super League** Warrington Wolves v Leeds Rhinos from 2025.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NBC's Pro-Football Talk**
7.00 **The Gloves Are Off**
7.30 **Behind the Ropes**
8.00 **NBA Basketball** Oklahoma City Thunder v Detroit Pistons replay.
10.00 **NBA on Fire** News and highlights.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Baltimore Ravens v New England Patriots.
12.00 M'T **LIVE NBA Basketball** **Houston Rockets v New York Knicks.** Coverage of the inter-conference match staged at Toyota Center. Tip-off **12.00m't.**
1.00 AM **Super League Highlights**
4.00 **to 6.30** AM **LIVE NBA Basketball** **Los Angeles Clippers v Portland Trail Blazers.** Coverage of the Western Conference match at Intuit Dome. Tip-off **4.00am.**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News** Round-up of the early sports news, with live analysis and comment, plus interviews with headline-makers.
7.00 **Sky Sports Breakfast** The latest headlines and reports, plus breaking news as it happens.
10.00 **Sky Sports FC** Interactive show covering the football headlines.
10.30 **LIVE ATP Tennis** Coverage from day two of the ATP Bucharest and ATP Marrakech Open the respective ATP 250 events, both of which are clay-court tournaments that are taking place at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech in Morocco.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.
4.00 **to 6.00** AM **EFL Greatest Games** Archive Championship highlights, including Sheffield Wednesday v Leeds United and Derby County v Nottingham Forest from the 2013/14 season.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA & ATP Tennis**
10.30 **LIVE ATP Tennis** The second day of the ATP Bucharest and ATP Marrakech Opens held at Centrul National de Tenis and Royal Tennis Club de Marrakech respectively.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf** Houston Open.
8.00 **WTA & ATP Tennis** Miami Open.
10.00 **TGL** Two match replays.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup** New Zealand v Canada highlights.
3.30 Scotland v Nepal.
4.00 **Premier League Darts** Replay of night eight from Berlin.
8.00 **PGA Tour Golf** Day four of the Texas Children's Houston Open.
9.00 **Tennis** Miami Open reviews.
10.30 **Men's T20 World Cup**
12.00 M'T **The Insiders** NFL news.
1.00 AM **TGL** Finals Series.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **International T20 Cricket Highlights** New Zealand v South Africa: Highlights from all five matches in the T20 series.
11.00 **MotoGP** Highlights of races at the Grand Prix of the Americas.
2.30 PM **World Superbike Highlights** Action from the second round of the season in Portimao, Portugal.
3.30 **AFL** A replay of Fremantle Dockers v Richmond Tigers.
5.00 Another chance to see Geelong Cats v Adelaide Crows.
6.30 A chance to see Collingwood Magpies v GWS Giants.
8.00 Another chance to see St Kilda Saints v Brisbane Lions.
9.30 **TNT Sports Cricket Reload** New Zealand Women v South Africa Women in an ODI match.
9.45 **Motocross World Championship** Highlights of races at Frauenfeld, Switzerland.
12.45 AM **The Gallagher PREM**
5.45 **to 6.15** AM **The Wrap Up**

TNT Sports 4

414 416 524 411 434

6.00 AM **The FA Cup** Highlights from this season's competition so far.
2.00 PM **NWSL** Action from NJ/NY Gotham FC v Denver Summit.
3.00 Highlights from Denver Summit v Washington Spirit.
4.00 **MLB Highlights** Baseball action.
5.00 **WRC: More Than Machine** Documentary following members of the M-Sport WRC team.
6.30 **Champions League Magazine**
7.00 **LIV Golf** Review of the fifth round of the season in South Africa.
8.00 **Powerlifting** Action from the European Classic Championship.
9.00 **UFC** Israel Adesanya v Joe Pyfer.
12.00 M'T **UEFA Champions League Magazine** News and updates.
12.30 AM **The Football Archives**
1.00 **The Gruppetto** Cycling news.
1.15 **Ski Jumping World Cup**
2.45 **The Monuments**
3.15 **Powerlifting Highlights**
4.15 **MotoGP Rewind**
4.30 **to 6.00** AM **Ski Jumping**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
6.30 **Asian Le Mans Series**
7.30 **Rugby Union Highlights**
9.00 **NASCAR Highlights**
10.00 **Eredivisie Highlights**
11.00 **Champions Cup Highlights**
12.00 **United Rugby Championship**
2.00 PM **NHL on the Fly**
2.30 **NHL Specials**
3.00 **Downhill Skateboarding**
3.30 **Swedish Hockey League**
5.30 **Top 14 Rugby Union Highlights**
6.00 **Champions Cup Highlights**
7.00 **Eredivisie Highlights**
8.00 **LaLiga Match Highlights**
8.25 **LIVE LaLiga 2** **Real Valladolid v Cadiz.**
10.30 **LaLiga Match Highlights**
11.00 **Eredivisie Highlights**
12.00 **LIVE International Football** **USA v Portugal.** Kick-off **12.00m't.**
2.00 AM **LIVE NHL Ice Hockey** **Edmonton Oilers v Seattle Kraken.** Face-off is at **2.00am.**
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Sporting Countdowns**
6.30 **NASCAR O'Reilly Series**
9.30 **Bike World** Magazine.
10.00 **Sporting Countdowns**
10.30 **Top 14 Rugby Union**
12.30 PM **Top 14 Rugby Union**
2.30 **Temples of Sport**
3.30 **Elite Ice Hockey League** Glasgow Clan v Fife Flyers.
5.30 **NHL: This is Hockey**
6.30 **United Rugby Championship** Glasgow Warriors v Benetton.
8.30 **Temples of Sport**
9.30 **Top 14 Rugby Union** Action from the French top flight.
11.30 **Temples of Sport**
12.00 M'T **LIVE NHL Ice Hockey** **New Jersey Devils v New York Rangers.** The Eastern Conference match staged at Prudential Center. Face-off **12.00m't.**
3.00 AM **Sporting Countdowns**
3.30 **Elite Ice Hockey League**
5.30 **to 6.00** AM **Sporting Countdowns**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights of races from the 2015 season.
10.00 **The F1 Show**
11.00 **Formula 1** Replay of the Japanese Grand Prix qualifying session .
1.00 PM **Ted's Notebook**
1.30 **Formula 1** Another chance to see the Japanese Grand Prix.
6.00 **Ted's Notebook**
6.30 **Indy NXT** Races one and two at the Grand Prix of Alabama.
9.00 **Indycar** The Children's of Alabama Indy Grand Prix.
10.00 **Formula 1** The Japanese Grand Prix staged at Suzuka Circuit.
11.00 **Indycar** The Children's of Alabama Indy Grand Prix.
12.00 M'T **Formula 1** Highlights from the Japanese Grand Prix.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 1 April Evening Planner

Wednesday

Documentary

Secrets of the Bees

National Geographic WILD, 7pm & 8pm, & Disney+

Film-maker Bertie Gregory reveals the high-stakes world of the humble bee.

Comedy Drama

The 'Burbs

Sky One, 9pm & 10pm (Sky Box Sets)

Jack Whitehall and Keke Palmer star in this offbeat comedy drama inspired by the 1989 film starring Tom Hanks.

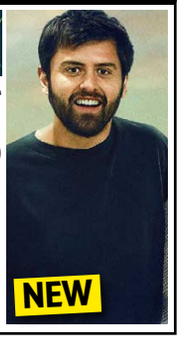
OnDemand

itvX

Hal & Harper

Available today

Cooper Raiff (right) created and stars in this comedy drama about two co-dependent siblings. Also stars Mark Ruffalo.



OnDemand

NETFLIX

Eat Pray Bark

Available today

German comedy about five dog owners who sign up for a course run by a charismatic dog trainer, Nodon.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Ambulance		10.00 News; Local News	10.40 Myleene...
	102 BBC2	‹ 6.30 Great British...	7.30 Women's Champions League – Live: Chelsea v Arsenal (Kick-off 8.00)					10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Celebrity Lingo	8.00 Emmerdale	8.30 Coronation...	9.00 It'll Be Alright on the Night		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Help! I Bought It at Auction with...		9.00 A Woman of Substance		10.00 Hatton Garden: The Great Diamond...	
	105 5	‹ 6.30 Snooker: Tour Championship – Live		8.00 Warship: Life in the Royal Navy		9.00 The Teacher		10.00 A&E After Dark	
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own		9.00 The 'Burbs			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Waterloo Road		9.00 The Apprentice		10.00 The Trials of Pa Salieu	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Spring Walks	8.00 The Octopus in My House		9.00 Chauvet: Humanity's First Great...		10.00 This Life	
	118 ITV2	7.00 Celebrity Wheel of Fortune		8.00 The 1% Club		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Grand Designs		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.10 Vicky Pattison: Maybe, Baby?		10.10 Gogglebox	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Blue Bloods			
	108 SKY ATLANTIC	‹ 6.40 Hacks				9.00 The White Lotus			
	110 U&GOLD	7.00 Porridge	7.35 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey		10.20 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Frankie Boyle's New...	10.40 Have I...
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Midsomer Murders	
	120 ITV4	7.00 Gallagher PREM Unleashed		8.00 Junk & Disorderly		9.00 Film: For Your Eyes Only			
	112 COMEDY CENTRAL	‹ 6.45 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Beyond the Brush		9.00 My Week with Maggi Hambling		10.00 Welcome to the Eighties	
	132 U&W	7.00 DIY SOS: Homes for Veterans		8.00 999 Rescue Squad		9.00 Annika			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Truck Dynasty	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Rugged Justice		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Decoding History's Prophecies		9.00 Secrets of Christ's Tomb		10.00 Uncovering Herod's Lost Tomb	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Strange Evidence		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Greece with Simon Reeve		8.00 Train Truckers		9.00 David Jason's Great British Inventions		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 UFO		8.00 The Alabama Solution				10.10 Film: Bowling for Columbine	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.25 Nobody 2		8.00 Superman				10.20 One Battle After...	
	302 ADVENTURE	‹ 5.45 Superman		8.00 Spider-Man: No Way Home				10.30 Sonic the...	
	303 FUN	‹ 6.10 American Pie 2		8.00 American Pie: The Wedding			9.40 American Reunion		
	307 GREATS	‹ 6.00 Bad Boys		8.00 Batman				10.10 Batman Returns	
	312 ANIMATION	7.10 Shrek the Third			8.45 Riverdance: The Animated Adventure			10.20 Scarygirl	
	304 FAMILY	‹ 6.00 E.T. The Extra Terrestrial		8.00 Stardust				10.10 The Hobbit: An Unexpected...	
	306 ACTION	‹ 5.30 Spider-Man: No Way Home		8.00 Spider-Man: Homecoming				10.25 Jurassic World...	
	308 COMEDY	‹ 5.55 Instant Family		8.00 Beetlejuice Beetlejuice				10.00 Liar Liar	
	309 THRILLER	‹ 5.45 The Equalizer		8.00 The Equalizer 2				10.05 Hannibal	
	310 DRAMA	‹ 5.45 The Blind Side		8.00 The Bodyguard				10.10 The Shawshank Redemption	
	311 SCI-FI	‹ 6.15 Zombieland: Double Tap		8.00 The Lost Boys			9.50 Men in Black II		
	313 FILM4	7.05 Cheaper by the Dozen				9.00 Fisherman's Friends: One and All			
SPORT	401 MAIN EVENT	7.00 Sports Centre						10.00 Tennis – Live: WTA and/or ATP Tours	
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 The Big Interview	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 Big Interview	10.00 Transfer 360	
	403 FOOTBALL	7.00 WSL	7.30 EFL Highlights		8.30 EFL Goals		9.30 EFL Highlights		10.30 WSL
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	7.00 PL Stories	7.30 The Breakdown	8.00 MLB Highlights		9.00 MLB – Live: Seattle Mariners v New York Yankees (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 6.00 Ultimate Pool	7.30 MotoGP Highlights		8.30 Discovery Golf	9.00 Men's Curling World Championship – Live: Sweden v Germany			

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Farm 999** New edition A barn fire devastates a dairy farm. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Celebrity Homes Under the Hammer** New edition (S)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition Advice for a woman worried about her high blood pressure. (S)(AD)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** (R)
4.30 **The Finish Line** Quiz. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Ambulance

7 PM

7.00 **The One Show** Clara Amfo and JB Gill present the topical show. (S)
7.30 **EastEnders** Elaine and Ian remain at odds, Penny is given a huge choice to make, while the Truemans worry about Patrick. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition Experts restore a pair of running shoes, a lamp left behind by a friend who died during the AIDS epidemic, a brooch and a reel-to-reel audio recorder that holds some special memories. (S)(AD)

9 PM

9.00 **Ambulance** New edition 4/6. In Halifax, crews help a farmer who crashed into a wall while on his way to feed his animals and in Sheffield, another farmer is suffering memory loss after his vehicle overturned. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Myleene: Miscarriage and Me** Broadcaster and musician Myleene Klass opens up about the trauma of her miscarriages, hoping to break the taboo that often surrounds this type of pregnancy loss. (S)(R)(AD)
11.25 FILM **21 Bridges** Thriller starring Chadwick Boseman, Sienna Miller and JK Simmons. An embattled NYPD detective is thrust into a citywide manhunt for two cop killers, and uncovers a massive and unexpected conspiracy. (S)(AD) (2019, 15, 90min) ★★★
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Just One Thing** (S)(R)(AD)
6.30 **The Repair Shop on the Road** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Gladiators** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Lightning** Quiz show. (S)(R)
3.00 **Clive Myrie's Italian Road Trip** Making tiramisu in Treviso. (S)(R)
3.30 **Monkey Planet** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Eastnor Castle. (S)(R)
5.15 **Flog It!** From Blackburn. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Great British Menu** New edition Four chefs from Northern Ireland serve their canapes, starters and fish dishes inspired by the British film industry. (S)(AD)

6.30 Great British Menu

7.30 **LIVE Football: Women's Champions League** Chelsea v Arsenal: Coverage of the quarter-final second-leg tie from Stamford Bridge, as the sides contest a place in the last four against VfL Wolfsburg or Lyon. Arsenal are the holders of this competition, while Chelsea have never lifted the trophy, but will feel success in this competition is long overdue, having dominated the domestic game in recent years and reached the semi-finals in each of the previous three campaigns. Kick-off is at 8.00. (S)

10.00 **Live at the Apollo** Dara O Briain introduces routines by Felicity Ward and Mo Gilligan at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.00 **Captive Audience: A Real American Horror Story** New edition *Chapter Two – Steven's Story:* 2/3. Featuring the story of a heroic escape and a televised family reunion. (S)(AD)
■ Entire series on BBC iPlayer
11.45 FILM **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (S)(AD) (2021, 12, 90min) ★★★★
1.15 AM **Sign Zone: Great British Menu** As 6.30pm. (S)(R)(AD)
2.15 **Sign Zone: Beyond Paradise** (S)(R)
3.15 **Sign Zone: The Walsh Sisters** (R)
4.05 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News; Local News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Alex Beresford, Sarah-Jane Crawford and Joe Absolom trying to guess well-known phrases to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Celebrity Lingo

7.30 **Celebrity Lingo** New edition Adil Ray hosts the word-based quiz show as *Good Morning Britain*'s Charlotte Hawkins and Sean Fletcher go head-to-head with *Cold Feet* actors Fay Ripley and John Thomson for charity. (S)

8.00 **Emmerdale** Cain feels he has been betrayed, while Joe is annoyed. (S)(AD)
8.30 **Coronation Street** A vengeful Maggie pays Megan a visit at her flat, and Lou comes to the rescue when Debbie picks a fight. (S)(AD)

9.00 **NEW SERIES It'll Be Alright on the Night** Tom Allen celebrates bloopers featuring favourite TV shows and stars, including the likes of Pedro Pascal, Jeremy Clarkson, Mel Giedroyc, Dame Prue Leith and Stephen Mulhern. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Murder in the Family: True Crime Presents** Investigating the death of *EastEnders* actor Gemma McCluskie. (S)(R)(AD)
11.40 **Sorry, I Didn't Know** (S)(R)
12.05 AM **Gallagher PREM Unleashed** The 12th round of matches. (S)(R)
12.30 **Teleshopping**
3.00 **Tonight: Stronger, Faster, Younger? – Britain's Steroid Boom** Current affairs. (S)(SL)(R)
3.25 **Deal or No Deal: Banker's Best Battles** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tom Kerridge Cooks Spain** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 13-15/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 3/6. Matt works on his dream woodland hut. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From Stone Court House, Maidstone. (S)
5.30 **Come Dine with Me** New edition Liam plans a Caribbean supper on night three in Sheffield. (S)
6.00 **Jasmine Harman's Renovation in the Sun** Jasmine gets hands-on as the patio is dug up. (S)(R)

10.00 Hatton Garden: The Great...

7.00 **News** (S)

8.00 **Help! I Bought It at Auction with Sarah Beeny** New edition A woman from Nottinghamshire plans to turn a 100-year-old abandoned bungalow with ivy growing under the wallpaper into her dream home. (S)(AD)

9.00 **A Woman of Substance** New episode 7/8. With Britain at war, Emma takes a huge gamble to stay afloat, but it could cost her far more than her business. (S1) (S)(AD)
■ Concludes tomorrow

10.00 **NEW Hatton Garden: The Great Diamond Heist** A look at how the gang that pulled off the 2015 jewellery heist in London's Hatton Garden diamond district were captured thanks to a series of twists, turns and betrayals. (S)(AD)
11.30 **Emergency Helicopter Medics** (R)
12.30 AM **Britain's Most Expensive Houses** A singer's £12.5million home is put on the market. (S)(R)
1.25 **Ramsay's Hotel Hell** (S)(SL)(R)(AD)
2.10 FILM **The Art of Racing in the Rain** Comedy drama starring Milo Ventimiglia and Amanda Seyfried. (S)(SL) (2019, PG, 110min) ★★★
4.00 **Couples Come Dine with Me** (R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.30 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day three from Manchester Central, featuring the opening eight frames of two quarter-finals. *Continues on 5Action.* (S)
5.00 **News** (S)
6.00 **Cash in the Attic** Jules Hudson helps people make money from unwanted items. (S)(R)
6.30 **LIVE Snooker: Tour Championship** Coverage of the evening session on day three from Manchester Central, featuring two quarter-finals. *Continues on 5Action.* (S)

8.00 **Warship: Life in the Royal...**

LIVE Snooker: Tour Championship (started at 6.30pm)

8.00 **NEW SERIES Warship: Life in the Royal Navy** 1/6. Kate Humble goes behind the scenes at Britain's secretive submarine base at Faslane in Scotland, and JJ Chalmers revisits the start of his military career. (S)(AD)

9.00 **The Teacher** New episode 3/4. The morning after the memorial, Helen faces an onslaught of online media abuse aimed at her dismissal. (S3) (S)(AD) ■ Concludes tomorrow

10.00 **A&E After Dark** In Birmingham, tensions rise with an alcohol withdrawal patient and a hit-and-run. In Norwich, Arthur is brought in with some serious burns after saving his sister from a chip pan fire. (S)(R)(AD)

11.05 **Ambulance: Code Red** A man gets stuck in his car. (S)(R)
12.05 AM **Trauma Room One** (S)(R)
1.05 **Car Pound Cops** (S)(R)
1.35 **Teleshopping** (S)(R)
2.35 **Inside John Lewis: Profits & Losses** (S)(R)
3.20 **Inside Harvey Nichols** (S)(R)
4.10 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(R)(SL)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S2) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S3) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Micro Monsters with David Attenborough** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 5/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 2/26. Michael worries after David Wallace and Jim have a meeting. (S)(R) **6.30** 3/26. Jim learns the downside of management when he is left to inform the staff that not everyone will get a pay rise. (S6) (S)(R)

9.00 **The 'Burbs**

7.00 **The Simpsons** *Separate Vocations:* Lisa falls in with a bad crowd, while Bart finds a new respect for law and order. (S)(R) **7.30** *Dog of Death:* Santa's Little Helper runs away from home. (S)(R)

8.00 **A League of Their Own** Harry Maguire, Tom Davis and Jon Richardson join host Romesh Ranganathan and regulars Jamie Redknapp, Jill Scott and Micah Richards on the comedy quiz. (S)(R)(AD)

9.00 **NEW SERIES The 'Burbs** *The Goddamn Brownies:* 1/8. Comedy spin-off from the movie, starring Keke Palmer and Jack Whitehall. A couple move back to the husband's childhood home, only to uncover dark secrets. (S)

10.00 **The 'Burbs** New episode *Mind Your Own Business:* 2/8. Samira is convinced their neighbour is up to no good – and possibly involved in a crime. *See feature, page12.* (S1) (S1)

11.00 **Grimm** 5/22. A preacher asks for Nick's help when his church is robbed, and it emerges that the congregation are all Wesen creatures. (S2) (S)(R)
12.00 M'T **Police 24/7** A crime prevention unit's car is rammed by a fleeing stolen vehicle. (S)(R)
1.00 AM **The Force: North East** Double bill of editions. (S)(R)
3.00 **Hawaii Five-0** 3/23. (S2) (S)(R)
4.00 **S.W.A.T.** 5/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.25pm Scotcast (S)(R) **11.55** **FILM** 21 Bridges (S)(AD) (2019, 15, 90min) ★★★ **1.25am** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Ronan Keating's Wild Atlantic (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Cwsg i Quinnell (AD) **12.30** Heno **1.00** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **1.30** Y Sioe Fwyd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Llinell Las **3.50** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Y Dosbarth Meistr **6.30** Cegin Bryn: Y Dosbarth Meistr **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** **NEW SERIES** Nol O'r Dibyn Gyda Iolo Williams (AD) **8.55** Newyddion a'r Tywydd **9.00** **NEW SERIES** Y Byd ar Bedwar – Diwedd y Goron **9.30** Noson Lawen **10.30-11.35pm** Ysbyty

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall and the team visit the Natural History Museum in Oxford. **7.30** Steve reports on endangered animals, and explores why chimpanzees, mountain gorillas and harpy eagles are threatened.
8.00 **Waterloo Road** 8/8. Tensions run high as the inspectors make their decision about the future of the school. (S1)
9.00 **The Apprentice** 9/12. Lord Sugar tasks the teams with selling products on a TV shopping channel.
10.00 **The Trials of Pa Salieu** Documentary following the British-Gambian musician as he attempts to rebuild his life and career after prison.
10.45 **Boarders** 5/6. It's final exams, and everyone is feeling the pressure. **11.35** 6/6. Femi has a big decision to make. (S3)
12.20 AM **The Young Offenders**
3.35 **to 4.05** AM **Tommy: The Good. The Bad. The Fury**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend are taking on their 100th car and their first electric conversion. **5.50** Tim and Fuzz take on a Renault Alpine GTA.
6.50 **Location, Location, Location** Kirstie helps a couple who have outgrown their home in Didsbury.
7.55 **Kirstie and Phil's Love It or List It** Kirstie and Phil help a couple in Woodford in London who are unsure whether they should renovate their home or sell up and move into another.
9.00 **Grand Designs** Zara and Giuliano from Reading take a leap of faith as they build the 400-square-metre malthouse-inspired home of their dreams in the Lincolnshire Wolds.
10.00 **24 Hours in A&E** The staff of King's College Hospital treat patients involved in road accidents, including a 12-year-old girl who has been hit by a car.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Britain's bridges and tunnels.
7.30 **Spring Walks** Actor Nina Wadia visits Swaledale.
8.00 **The Octopus in My House** A professor takes an octopus into his home to learn about its intelligence.
9.00 **NEW Chauvet: Humanity's First Great Masterpiece** The 30-year endeavour to conserve and understand the art of the Chauvet cave.
10.00 **This Life** 5/11. Miles urges Delilah to have an HIV test. **10.40** 6/11. Warren fears Kira will find out he's gay. (S1)
11.20 **Catching History's Criminals: The Forensics Story** The history of forensic science in catching killers.
12.20 AM **Fred Dibnah's Magnificent Monuments**
12.50 **Spring Walks** As 7.30pm.
1.20 **The Octopus in My House** As 8.00pm.
2.20 **to 3.20** AM **Catching History's Criminals: The Forensics Story**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight Australia** Reality series.
11.35 **First Dates**
12.35 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.25 **Married at First Sight Australia** Reality series.
5.00 **Dance Moms: A New Era** New edition Meddlesome mom Jing concocts a plan.
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Donny pays a visit to a former flame.
7.30 **Married at First Sight Australia** New edition The two new couples head off on their honeymoons.
9.10 **Vicky Pattison: Maybe, Baby?** Series finale 2/2. Vicky and Ercan explore their options for starting a family.
10.10 **Gogglebox** *Trigger Point* and *Michael McIntyre's Big Show* are appraised.
11.15 **First Dates**
12.20 AM **Naked Attraction**
1.20 **Married at First Sight Australia** As 7.30pm.
2.55 **Vicky Pattison: Maybe, Baby?** As shown at 9.10pm.
3.50 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Stop, Search, Seize**
9.00 **Caught on Dashcam**
10.00 **A1: Britain's Longest Road**
11.00 **FBI** 19&20/22. (S7)
1.00 PM **The Rookie** 7/22. Wesley struggles under the pressure of his debt to Elijah. **2.00** 8/22. A citizen believes they are above the law. (S4)
3.00 **Law & Order: Criminal Intent** 17/21. A neurologist mysteriously drowns. (S3)
4.00 **Nothing to Declare**

9.00 Blue Bloods

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Detective: Night Country** 1-6/6. (S4)
3.00 PM **Hacks** Seven episodes of the series, including at: **4.55** 4/10. Ava comes to better understand Deborah and DJ's relationship. **5.30** 5/10. Ava takes a chance on George. **6.05** 6/10. Deborah and Ava have a bonding experience. **6.40** 7/10. Ava is tasked with an important job. (S1)

8.20 Hacks

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.30 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Atlanta**
11.20 **Real Housewives of Beverly...**
12.15 PM **Supermarket Sweep**
1.10 **Celebrity Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Celebrity Wheel of Fortune

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Hidden Depths:* Barnaby investigates a solicitor's death.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Wall of Silence:* Blaketon is eager to halt a crimewave before the Assistant Chief Constable arrives.

5.50 Heartbeat

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.25 **The Big Match Revisited**
8.10 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.30 **The Sweeney**
12.35 PM **BattleBots**
1.40 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Victims:* A sergeant is seriously injured
5.55 **Minder** *The Long Ride Back to Scratchwood:* A conman gets the better of Arthur.

9.00 For Your Eyes Only

7 PM

7.00 Police 24/7 A teenager takes officers on a wild stolen car pursuit, and two men are suspected of stealing razors.

7.15 Hacks 8/10. Deborah experiences a career-defining moment. **7.50** 9/10. Ava pursues an opportunity, while Deborah nervously anticipates her final show. **8.20** 10/10. Deborah wonders whether to put her career on the line. (S1)

7.00 Celebrity Wheel of Fortune With guests Tom Allen, Michelle Visage and Eddie Kadi.

6.55 Heartbeat *Missing:* Workers at a visiting funfair get their hands on a stolen painting and sell it to Greengrass.

7.00 Gallagher PREM Unleashed The latest top-flight matches, including Gloucester v Leicester Tigers.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Vera *Witness:* The detective must unravel the mystery of a man found beaten to death the day before he was due to testify in court.

8.00 Junk & Disorderly Henry Cole and his partners visit the Fairford Steam and Classic Car Show.

9 PM

9.00 Blue Bloods *Firewall:* 9/20. A cyber-attack on the NYPD forces Danny and Baez to release an evasive suspect.

9.00 The White Lotus *Ciao:* 1/7. Tanya turns up with her new assistant, and a family deals with a conspicuous absence.

9.00 Hell's Kitchen New edition 5/16. The chefs are tasked with blending US state delicacies together.

9.00 FILM For Your Eyes Only James Bond adventure with Roger Moore. Agent 007 strives to trace a top secret military device sunk off the Greek coast. With Carole Bouquet. (1981, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 Blue Bloods *Old Friends:* 10/20. A drug shipment arriving in New York must be found before the drugs flood the streets. (S12)
11.00 **The Rookie** 14/18. (S7)
12.00 M'T **FBI** 13/22. (S7)
1.00 AM **Matlock** 11/19. (S1)
2.00 **FBI** New episode 9/22. (S8)
3.00 **Road Wars**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Frontline Crime UK**

10.10 The White Lotus *Italian Dream:* 2/7. Harper questions Cameron and Daphne's claims about their marriage. (S2)
11.15 **Dune: Prophecy** 1/6. Valya Harkonnen works to combat a new threat to her long-awaited plan for a royal marriage. **12.30** AM 2/6. Tula reluctantly enlists Lila for a vital mission. **1.45** 3&4/6. Double bill. (S1)
4.10 **to 6.00** AM **Fish Town**

10.00 Family Guy New episode 5/22. Meg dates a chicken that she meets on a reality dating show. (S23) **10.30** 14/20. Homages to *Game of Thrones*, *Big Little Lies* and *Succession*. (S20)
11.00 **Family Guy** 8/20. (S20)
11.30 **American Dad!** (S17)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Midsomer Murders *The Night of the Stag:* A tax inspector investigating a popular illicit cider is found dead in a vat at the Midsomer Abbas spring fair. Guest stars Warren Clarke and Denise Black.
11.50 **Lewis** *The Gift of Promise:* A businesswoman is killed.
1.45 AM **On the Buses**
2.10 **to 2.30** AM **Unwind with ITV**

11.40 **Wrestling: AEW Collision** Hard-hitting wrestling action, featuring stars including FTR.
1.30 AM **Minder**
2.30 **Auto Mundial**
2.55 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor go on a winter skiing adventure. **8.00** The duo go on a sea kayak expedition. **8.30** Exploring one of Scotland's largest lochs with a peddle boat.
9.00 **This Farming Life** New edition 6/12. Zara is shattered by a shocking discovery on her cattle round.
10.00 **River City** New episode Tommy and Mulvaney confront an unwelcome face returning to town.
10.30 **Jules and Greg's Wild Swim** 1/6. First edition. Julie and Greg explore urban locations in Glasgow and Edinburgh.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Icons of Football**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S6)
9.00 **The Rehearsal** (S1)
10.15 **Upright** 5&6/8. (S1)
11.30 **American Auto** (S1)
12.30 PM **Will & Grace** (S8)
1.30 **The Rehearsal** (S1)
2.45 **Upright** 5&6/8. (S1)
4.00 **Breeders** 5&6/10. (S1)
5.00 **Hitmen** 5&6/6. (S1)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** (S5)
8.00 **Community** 12/22. The students clear Abed's debts by appearing as celebrity impersonators. **8.30** 13/22. A new sandwich shop opens on campus. (S3)
9.00 **The Comeback** (S3)
9.40 **Last Week Tonight with John Oliver** Talk show.
10.25 **Jerrod Carmichael: Rothaniel** Stand-up.
11.30 **Breeders** 5&6/10. (S1)
12.30 AM **Hitmen** (S1)
1.30 **Community** (S3)
2.30 **Barry** 1&2/8. (S4)
3.35 **American Auto** (S1)
4.35 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.10 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Art's Wildest Movement: Mannerism**
3.00 **Reinventing the Orchestra**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Beyond the Brush** New editions Double bill.
9.00 **My Week with Maggi Hambling**
10.00 **Welcome to the Eighties**
11.15 **The Specials: Live**
12.50 AM **Boy George & Culture Club**
2.50 **Sky Arts from Hay**
3.50 **Sky Arts Book Club**
4.50 **Inside Art**
5.50 **to 6.00** AM **Arts Uncovered**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 13/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** *Angel One:* 14/26. Riker searches for a missing freighter. (S1)
8.00 **Nothing to Declare**
9.00 **The Rookie** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 7/10. (S3)
1.05 AM **The Force: North East** Documentary.
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team from Nottingham take part.
3.00 **Wheel of Fortune** Game show hosted by Graham Norton.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Guy tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as people from across the country compete against the most formidable quiz team on TV.
10.00 **Tipping Point** Triple bill of the quiz show.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **George Clarke's Old House, New Home**
10.00 **Matt Baker: Our Farm in the Dales**
11.00 **A New Life in the Sun**
12.00 NOON **Jasmine Harman's Renovation in the Sun**
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **George Clarke's Old House, New Home**
7.00 **Batch from Scratch: Cooking for Less**
8.00 **The Dog House** A Great Dane called Scooby is looking for a new friend.
9.00 **Bill Bailey's Vietnam**
10.00 **Bill Bailey Qualmpeddler**
11.05 **Gogglebox** Double bill.
1.15 AM **The Hunt: Prey vs Predator**
4.20 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 6/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 7/26. (S7)
2.00 **Warehouse 13** 12&13/13. (S2)
4.00 **Stargate SG-1** 3/22. (S4)
5.00 **Star Trek: Voyager** 9/26. Part two of two. The crew battle an industrialist. (S3)
6.00 **Star Trek: The Next Generation** 6/26. Data's dream turns into a nightmare. (S7)

6.00 Star Trek: The Next...

7.00 **Star Trek: Deep Space Nine** *Once More Unto the Breach:* 7/26. Legendary Klingon hero Kor joins a dangerous mission. (S7)

8.00 **Stargate SG-1** *Upgrades:* 3/22. A Tok'ra scientist provides the team with armbands that give them superhuman powers. (S4)

9.00 **Grimm** *Island of Dreams:* 15/22. Nick investigates a theft and murder at a spice shop involving lizard-like creatures.

10.00 **Grimm** *The Thing with Feathers:* 16/22. Nick takes Juliette for a romantic weekend in the country, planning to propose. (S1)
11.00 **The Walking Dead** 2/13. Carl fights for his life after being accidentally shot by a ranch hand hunting for deer, leading the group to a farm owned by a doctor. (S2)
12.00 M'T **Warehouse 13** (S2)
2.00 AM **The Walking Dead** (S2)
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 20/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 20/23. (S1)
5.00 **Hudson & Rex** 9/16. Charlie questions a TV presenter after her husband is found dead. (S1)
6.00 **My Life Is Murder** 8/10. Alexa must sort fact from fiction when a compulsive liar confesses to a murder. (S2)

9.00 NCIS: Sydney

7.00 **Father Brown** *The Scales of Justice:* The priest races to save Bunty from the hangman's noose when she is tried for murder.

8.00 **Death in Paradise** *Chain Reaction:* 4/9. Neville tries to solve the mysterious death of a nurse from his hospital bed. (S10)

9.00 **NCIS: Sydney** New episode *Extraction:* 6/8. An investigation pulls Evie back into her past as an undercover cop. (S1)

10.00 **Death in Paradise** *Murder in the Stars:* 1/8. An eminent astronomer dies in mysterious circumstances. (S12)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S10)
1.00 AM **My Life Is Murder** (S2)
2.00 **Murdoch Mysteries** 23/24. A man resembling Murdoch is murdered. (S15)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.05 **Dad's Army**
11.45 **Porridge**
12.25 PM **Keeping Up Appearances**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

6.20 Keeping Up Appearances

7.00 **Porridge** Godber takes up boxing and enters the prison championships.
7.35 **Dad's Army** Captain Mainwaring initiates a recruitment campaign.
8.20 **Are You Being Served?** The staff feel the cold thanks to Grace Brothers' plans to cut costs.

9.00 **Gavin & Stacey** The newlyweds argue while on a night out.
9.40 Nessa and Dave's wedding day arrives, while Stacey has life-changing news for Gavin.
10.20 **Men Behaving Badly** Deborah's student friends make Gary feel old.
11.00 **Harry Enfield and Chums** Comedy sketches, with guest star Dawn French.
11.35 **Gavin & Stacey** Double bill.
12.55 AM **Men Behaving Badly**
1.30 **Hi-de-Hi!**
2.10 **Harry Enfield and Chums**
2.40 **to 4.00** AM **Gavin & Stacey**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Breakfast dishes.
8.00 **Special Ops: Crime Squad UK**
10.00 **Train Rescue Down Under**
11.00 **Rick Stein: From Venice to Istanbul** As 5.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein: From Venice to Istanbul** Rick cooks the iconic dish sultan's delight.
6.00 **Hairy Bikers' Best of British** The history of breakfast dishes.

6.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With guests Alex Jones, Chris McCausland, Rav Wilding and Su Pollard.
7.40 **Richard Osman's House of Games** With Gabby Logan and Jeff Stelling.
8.20 With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.

9.00 **QI XL** Guests Justin Moorhouse, Emmanuel Sonubi and Holly Walsh, join regular Alan Davies and host Sandi Toksvig.

10.00 **Frankie Boyle's New World Order** With guest Katherine Ryan.
10.40 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz.
11.40 **Mock the Week**
12.20 AM **Would I Lie to You? At Christmas** Festive special.
1.00 **QI XL** With Jack Dee.
2.00 **Frankie Boyle's New World Order** As shown at 10.00pm.
2.35 **to 4.00** AM **I'll Get This**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.35 **Doctors**
9.45 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** Siegfried treats a dog with a weak heart.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

9.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Compo's lucky rabbit's foot causes problems, and Sid tries his best to avoid Ivy.

8.00 **The Marlow Murder Club** New episode *An Appetite for Murder – Part One:* 5/6. A celebrity chef is found murdered.

9.00 **The Marlow Murder Club** Series finale *An Appetite for Murder – Part Two:* 6/6. The police rethink everything. (S3)

10.00 **New Tricks** *Father's Pride:* A camera and film belonging to a man killed in 1987 are found in a Soho pub toilet.
11.20 **The Inspector Lynley Mysteries** *The Word of God.*
1.20 AM **Shakespeare & Hathaway: Private Investigators** 7/10. (S4)
2.30 **Birds of a Feather**
3.05 **to 4.00** AM **The Marlow Murder Club**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 20-22/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Newborn King:* 11/24. The team must provide protection for a pregnant Marine.
7.00 *Housekeeping:* 12/24. The team cross paths with missing NCIS agent EJ Barrett.
8.00 *A Desperate Man:* 13/24. A navy lieutenant commander's body is discovered in an apartment. (S9)
9.00 **Criminal Minds** *And in the End:* 10/10. After suffering from a brain injury, Dr Reid has strange hallucinations. Elsewhere, the BAU make a discovery. (S15)
10.00 **Law & Order: Special Victims Unit** (S24)
1.45 AM **NCIS** 11/20. (S22)
2.40 **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Sister Jane helps a man who has been arrested for being drunk and disorderly, despite being verbally abused by him.
9.00 **FILM There's Something About Mary** Comedy starring Cameron Diaz and Ben Stiller. (1998, 15, 119min) ★★★★
11.25 **X-Rated: Diary of a Stripper** Documentary.
12.25 AM **Accused: Guilty or Innocent?**
1.25 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM Warpath** Western adventure. (1951, U, 95min) ★★
1.55 PM **FILM The Kentuckian** Western. (1955, PG, 104min) ★★★
4.00 **Mud Mountain Haulers**
4.55 **Traffic Cops**
6.00 **Police Interceptors** An officer goes undercover to find a wanted man.
7.00 A drink driver is more than three times over the legal limit.
8.00 **LIVE Snooker: Tour Championship** Further coverage of the evening session on day three from Manchester Central.
10.00 **Cops** Double bill.
11.00 **The X-Files** 18/24. (S1)
12.00 M'T **Motorway Cops: Catching America's Speeders** Documentary.
12.55 AM **Outback Truckers**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Pete Wicks: For Dogs' Sake**
7.00 **Tipping Point**
10.00 **DIY SOS: Homes for Veterans** Double bill.
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Homes for Veterans** Double bill.
8.00 **999 Rescue Squad** The start of the new school term leads to a spate of stabbings.
9.00 **Annika** 1/6. Crime drama starring Nicola Walker.
10.05 2/6. A body is found on a boat. (S1)
11.05 **Tortured to Death: Murdering the Nanny**
12.05 AM **Katie Piper: Locked Up in Louisiana**
1.05 **The Gentle Art of Swedish Death Cleaning**
1.50 **to 3.00** AM **Deepfake Porn: Could You Be Next?**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **The World at War**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Greece with Simon Reeve** 1/2. Simon takes a tour of Greece.
8.00 **Train Truckers** The first edition of the series following a family-run crew of heavy-haulage specialists.
9.00 **David Jason's Great British Inventions**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
2.00 **to 3.00** AM **A Very British Murder with Lucy Worsley**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes in the City** In Manchester.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **Celebrity Yorkshire Auction House**
8.00 **Antiques Road Trip** Experts Roo Irvine and Mark Hill continue their Scottish jaunt.
9.00 **Who Do You Think You Are?** Emily Atack traces her showbusiness genes.
10.00 Minnie Driver hopes to learn more about her father Ronnie.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 20-22/22. (S2)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S4)
5.20 **Bramwell** 1/8. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 19-21/25. (S5)
9.00 **Whatever Happened to the Likely Lads?** 13/13. Terry continues to wreak havoc on his neighbours. (S1) **9.40** 1/14. Bob and Thelma begin their married life with a honeymoon in Norway. **10.20** 2/14. Bob becomes increasingly worried about Terry. (S2)
11.00 **Robin's Nest** (S1)
12.00 M'T **M*A*S*H** (S5)
1.30 AM **Home to Roost**
2.00 **Rumpole of the Bailey**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM Lone Rider** Western adventure. (2008, PG, 80min) ★★
1.50 PM **FILM Night Passage** Western adventure. (1957, U, 90min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers**
9.00 **FILM Hard Target** Action thriller with Jean-Claude Van Damme Yancy Butler. (1993, 18, 95min) ★★★
11.15 **FILM Deadly Voltage** Action adventure. (2015, PG, 84min) ★★
1.05 AM **The Persuaders!**
2.05 **The Baron**
3.00 **Tombstone Territory**
3.50 **FILM Collision Course** Action adventure. (2012, PG, 90min) ★★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG) ★★
10.05 **In Plain Sight** (S2)
11.05 **Castle** 5/22. (S8)
12.05 PM **FILM Murder, She Baked: A Peach Cobbler Mystery** (2016, PG) ★★
2.00 **Diagnosis Murder** (S5)
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 6/22. (S8)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S2)
10.00 **FILM Fixer Upper Mysteries: Concrete Evidence** Crime drama. (2017, PG, 89min) ★★
11.55 **FILM An Emma Fielding Mystery – Past Malice** Drama. (2018, PG) ★★
1.50 AM **FILM Killing Your Daughter** (2019) ★★
3.25 **to 5.00** AM **FILM Death By Friendship** Thriller. (2020, 12, 90min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM The Love Subscription** (2023) ★★
10.10 **FILM Technically Yours** Romance. (2025) ★★
12.15 PM **FILM Key to Love** Drama. (2023, U) ★★
2.15 **FILM A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
4.10 **FILM Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
6.05 **FILM The Presence of Love** Romantic drama. (2022, PG, 84min) ★★
8.00 **FILM It Was Always You** Romantic drama starring Erin Krakow. (2021, PG, 86min) ★★
9.55 **FILM Royal Christmas Crush** Festive drama. (2023, U, 90min) ★★
11.50 **FILM Christmas with a Crown** Romantic drama. (2020, PG, 89min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM It Was Always You** (2021) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Home and Garden**
1.00 PM **The Greatest Auction** A Formula 1 car.
2.00 **Rick Stein's Food Stories**
2.45 **Robson Green's Weekend Escapes**
3.30 **My Greek Kitchen**
4.00 **Hello Campers**
5.00 **My Floating Home**
6.00 **Love Your Home and Garden** From Chester.
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue**
10.00 **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18, 94min) ★
12.00 M'T **FILM Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
2.00 AM **The Greatest Auction** A Formula 1 car.
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Swinging London Session Musicians**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Fenn Street Gang**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 7/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **Second Thoughts**
1.10 **Star Maidens** (S1)
1.40 **The Champions** (S1)
2.40 **Space 1999** 7/24. (S2)
3.45 **Hank the Cowboy**
4.00 **Walking Westward**
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S3)
6.30 **Star Maidens** (S1)
7.00 **Second Thoughts** (S1)
7.30 **The Fenn Street Gang**
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 **The Kenny Everett Naughty Joke Box**
11.35 **FILM Death Screams** Horror. (1982, 18) ★★
1.25 AM **Time Machine**
1.30 **Stereo Underground**
2.30 **The Rewind Jukebox**
3.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Reality series.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig rejects Jake's partnership offer.
9.00 **Maine Cabin Masters** New edition The crew help Jedi turn a pontoon boat into a 'cabinboat', complete with a deck, bathroom and bedroom.
10.00 **Barnwood Builders** New edition The crew build a log cabin and timber frame.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie Oliver: Cooking for Less**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Comfort Food**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Paul Hollywood: City Bakes** From Palermo.
10.00 **Jamie Oliver: Cooking for Less**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 12/22. (S6)
9.00 **T.J. Hooker** 3/22. (S2)
10.00 **The Invaders** (S2)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91 min) ★★
1.00 PM **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
3.00 **FILM The Appaloosa** Western drama. (1966, PG, 98min) ★★★
5.00 **Star Trek** 22/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 4/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Battle: Los Angeles** Adventure. (2011, 12, 116min) ★★★
11.20 **FILM The Eiger Sanction** Action thriller. (1975, 15, 125min) ★★
1.55 AM **FILM We Still Kill the Old Way** Drama. (2014, 18, 94min) ★★
3.45 **to 5.15** AM **FILM Death Race 2000** Thriller. (1975, 15, 90min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM 7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
11.00 **The Lost World** (S3)
12.00 NOON **The Poseidon Adventure** 1&2/4. (S1)
2.00 PM **FILM The Lost Continent** Drama. (1968, PG, 98min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **The Poseidon Adventure** 1&2/4. (S1)
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** (S3)
9.00 **FILM Daylight** Drama with Sylvester Stallone and Amy Brenneman. (1996, 12, 114min) ★★★
11.25 **FILM War** Action thriller starring Jason Statham. (2007, 18, 98min) ★★
1.30 AM **FILM Hammer of the Gods** Action drama. (2013, 18, 94min) ★
3.20 **The Poseidon Adventure** 1&2/4. (S1)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Storage Hunters**
10.15 **Container Wars**
11.10 **Mountain Men**
12.10 PM **Curse of Skinwalker Ranch**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.05 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Storage Hunters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Paranormal: Caught on Camera** Double bill.
11.00 **The Proof Is Out There**
12.00 M'T **Mysteries from Above** Desert mysteries.
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **The Great Fire of London with Rob & Ruth** Rob Rinder and Ruth Goodman examine one of London's most dramatic moments.
10.30 **Discovering Tutankhamun's Tomb with Dan Snow**
12.00 M'T **Wentworth Prison**
1.00 AM **Happy Campers: The Caravan Park**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room** Items include a model plane, a ride-on whale and a set of stilts.
6.00 **Tenable** Five team-mates from York compete.
7.00 **The Chase** Triple bill.
10.00 **The Celebrity Chase** With Meera Syal, David Emanuel, Kyran Bracken and Johnny Vegas.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 8/24. Howard and Raj try to find Sheldon a new girlfriend. (S9)
9.00 **Dr Pimple Popper: Breaking Out** New editions Bill's arm growth ruins retirement plans, and Dr Lee investigates Cowboy Carter's rash. **10.00** Dr Lee and Zoe treat Mary Ann's crusty skin, while Maressa fears treating the oozing skin covering her ankles.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S9)
1.00 PM **Impractical Jokers**
1.30 **Friends** (S9&10)
7.15 **Friends** 10/18. Rachel and Phoebe spot Chandler with a woman. **7.45** 11/18. Guest stars Donny Osmond. **8.20** 12/18. Phoebe and Mike's wedding day arrives. (S10)
9.00 **Michael McIntyre's Big Show** With Liam Payne.
10.00 **8 Out of 10 Cats Uncut**
10.50 **8 Out of 10 Cats**
11.40 **Jimmy Carr's Am I the A**hole?**
12.40 AM **Whose Line Is It Anyway? USA**
1.40 **South Park** (S18)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Chat show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
7.00 **Teleshopping**
9.00 **Spin City** 7&8/26. (S4)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 7&8/26. (S4)
7.00 **Everybody Loves Raymond** Six episodes of the sitcom, including at: **9.30** 14/16. Ray rejects Debra's advances. (S9)
10.00 **South Park** (S17&1)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 3/8. (S4)
2.30 **Teachers** 1/10. (S1)
3.00 **Reno 911!** 5&6/11. (S8)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 1/8. (S2)
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 13/13. Drama. (S1)
2.40 **Minder** 3/8. (S6)
3.45 **Just Good Friends** (S2)
4.20 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 4/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.45 **Rising Damp** 7/7. (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 3/11. (S1)
9.00 **Benidorm** 6/9. (S9)
9.55 **Shameless** 16/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** (S1)
12.00 M'T **Benidorm** 6/9. (S9)
1.00 AM **Minder** 7/13. (S3)
2.00 **In Sickness & In Health**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs US**
6.20 **16 and Pregnant**
7.10 **Teen Mom**
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: Wannabees**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom: Young Moms Club** Reality series.
9.00 **My Lover, My Killer**
10.00 **Caught in the Act: Double Life** New edition
11.00 **Tattoo Fixers**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
10.00 **The Dino Hunters**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** How cheese graters and Mexican chairs are made.
5.00 **Alaska: Homestead Rescue** The Raneys arrive at a Washington State homestead and find the cabin collapsed.

10.00 Truck Dynasty

7.00 Wheeler Dealers Mike and Ant turn their attention to a rare 2004 MX-5 Mazdaspeed which is in need of some TLC.

8.00 Wheeler Dealers Ant Anstead repairs the damage when a 1979 Jeep CJ-7 Renegade rolls into the workshop.

9.00 Wheeler Dealers Mike and Elvis wrestle an iconic Japanese rally car – a Mitsubishi Lancer Evo7 in need of an engine rebuild.

10.00 Truck Dynasty New edition Joe starts work on his passion project, the Boat Truck, a truly amphibious Jeep.

11.00 **Expedition Bigfoot** The team have a shocking sighting, only to see the lead slip through their fingers.
12.00 M'T **Border Control: Europe**
1.00 AM **Wheeler Dealers**
2.00 **Truck Dynasty** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Must Love Cats**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats do not love each other. **4.00** Jackson Galaxy deals with violent cat Sebastian.
5.00 **Lone Star Law** Investigating a deer poaching case.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff tries to mend a German shepherd's broken elbow.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson goes behind the scenes of the past series to revisit some of his favourite projects.

8.00 Rugged Justice The Fish and Wildlife Police swing into action to release a menacing bear back into its native habitat.

9.00 Alaska: The Last Frontier The Kilchers pay tribute to a fallen old friend by driving cattle back home.

10.00 Alaskan Bush People Gabe decides to learn to ride a horse as the family construct a fence around the property.

11.00 **The Haunted** A mother is concerned about her daughter's visions of a bloodied girl and a car crash.
12.00 M'T **Must Love Cats**
1.00 AM **The Pool Master**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Miami**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Yukon Rescue**
9.00 **Air Crash Investigation: Special Report**
10.00 **Planes that Changed History**
11.00 **Mysterious Islands**
12.00 NOON **Europe from Above**
1.00 PM **Car S.O.S** A Ford Cortina.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Defending Europe**
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Japanese off-roader. **6.00** Tim and Fuzz tackle a 1973 Triumph Bonneville.

9.00 Secrets of Christ's Tomb

7.00 Air Crash Investigation The crew of Flight 1344 runs off the tarmac and their Boeing 737-800 plunges into a gorge.

8.00 Decoding History's Prophecies New edition A look at how Rasputin's visions earned him a sinister reputation.

9.00 Secrets of Christ's Tomb Scientists make a discovery that could revolutionise what is known about the site.

10.00 Uncovering Herod's Lost Tomb Archaeologist Ehud Netzer investigates the architectural genius of King Herod.

11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **Yukon Rescue**
2.00 **Lords of War**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **The Great British Dig: History in Your Back Garden**
6.55 **Deadman's Curse**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Digging for Britain**
1.00 PM **The Curse of Oak Island**
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Egypt's Unexplained Files** Triple bill, including at: **5.00** Revealing the true face of an ancient mummy.
6.00 **American Pickers** Mike gets a tour of Detroit's Packard plant.

10.00 Mysteries Unearthed

7.00 Forged in Fire Armed Forces Tournament Four airmen from the US Air Force are tasked with forging a bolo knife.

8.00 Strange Evidence A father and his children are filmed as a bolt of lightning strikes at them from a clear blue sky.

9.00 The Curse of Oak Island New edition Documentary following two brothers searching for treasure on a Nova Scotia island.

10.00 Mysteries Unearthed with Danny Trejo New edition The presenter explores the world's forgotten mysteries.

11.00 **Hazardous History with Henry Winkler** A look back at dangerous 'cures' advertised and offered to the public.
12.00 M'T **Egypt's Unexplained Files**
2.50 AM **The Curse of Oak Island**
3.40 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
4.25 **Pawn Stars** A helmet signed by Heisman Trophy winners.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Forest Whitaker**
8.00 **The Directors**
9.00 **The Movies**
10.00 **UFO**
11.00 **The Seventies**
12.00 NOON **Val** Documentary.
2.00 PM **Jackie Stewart** The life of F1 great Jackie Stewart, from his humble beginnings outside Glasgow to winning three World Drivers' Championships.
4.00 **Discovering: Forest Whitaker**
5.00 **The Directors**
6.00 **The Movies**

10.10 Bowling for Columbine

7.00 UFO 3/4. Some begin to wonder if the government may be using the alien narrative to cover up something more sinister.

8.00 The Alabama Solution Documentary film about the prison system in Alabama told from the perspective of incarcerated inmates, who reveal endemic abuse of power and a cover-up.

10.10 FILM Bowling for Columbine Satirist Michael Moore's offbeat documentary exploring America's fascination with guns. (2002, 15, 114min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Rise of the Superheroes** The domination of cinema by comic book franchises.
2.40 **The Ibiza Affair: Uncovered**
4.40 **My Icon: Kate and Helen Richardson-Walsh**
5.00 **to 6.00** AM **Discovering: Forest Whitaker**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 NEW SERIES **The Derbyshire Auction House** Irita Marriott and her team use their skills to launch Britain's newest saleroom.
10.00 **The Yorkshire Auction House** Angus helps a widow clear her late-husband's collection.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ian Huntley.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Killer Confessions: Case Files of a Texas Ranger**
10.00 **People Magazine Investigates**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Killer in My Family** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Kylie Dembrey from Berkshire fell for Mark Sinclair, unaware his charm hid a violent abuser.
8.00 **Fraud Squad** A GP surgery manager who blew NHS cash, and a fraudster who cashed in on terror attacks.
9.00 **Descent of a Serial Killer** Dr Bryanna Fox and her fellow experts investigate Oscar Bolin.
10.00 **Fatal Fraud** New edition A look at the case of Sarah Stern, who inherited a large sum of money from her mother, then vanished.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Two young lovers are ambushed by a gun wielding assailant. **3.00** A group of armed men storm an NCIS Christmas Eve party.
4.00 **48 Hours** Examining the case of Rhonda Casto.
5.00 **Medical Detectives** A murder set up to look like a suicide. **5.30** A man vanishes after starting an affair. **6.00** An investigation into the murder of a girl. **6.30** A go-go dancer vanishes for 20 years.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **A1: Britain's Longest Road** Documentary
8.00 **Caught Red Handed**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Killing Mum and Dad** Documentary.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Murderer & Me**
10.30 **Catching the Killer**
11.30 **World's Most Evil Killers**
12.30 AM **How I Caught the Killer** Documentary.
1.30 **Murder Uncut**
2.30 **Britain's Most Evil Killers**
3.30 **Brit Cops: Law & Disorder** Documentary.
4.30 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.50 **Treasures Decoded**
9.50 **Great Wall of China: The Hidden Story**
10.50 **The War** As 8.15pm.
11.55 **Inside Japan's War**
1.00 PM **Treasures Decoded**
2.00 **Great Wall of China: The Hidden Story**
3.00 **Treasures Decoded**
4.00 **The War** As 8.15pm.
5.05 **Inside Japan's War**
6.15 **Treasures Decoded**
7.15 **Great Wall of China: The Hidden Story**
8.15 **The War** The Allies discover the Nazi concentration camps.
9.20 **Inside Japan's War**
10.25 **Great Wall of China: The Hidden Story** Shedding light on the edifice and its history.
11.30 **Weathered: Earth's Extremes**
12.00 M'T **The War**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Deadly Australians**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Deadly Australians**
7.00 **Monkey Life** Double bill.
8.00 **Coral City** Marine life of the Great Barrier Reef.
9.00 **Into the Wild: Colombia** A cotton-top tamarin leaves her birth family in search of a mate.
10.00 **Deadly Australians**
11.00 **Africa's Hunters**
12.00 M'T **Africa's Wild Year**
1.00 AM **New Kids in the Wild**
2.00 **Coral City** As 8.00pm.
3.00 **Into the Wild: Colombia**
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Weird or What? With William Shatner** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Weird or What? With William Shatner** Examining claims that ancient pharaohs used cocaine.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **History's Greatest Aircraft**
9.00 **Secrets in the Ice**
10.00 **Rome: Rise and Fall of an Empire** The story of how Constantine I became the first Christian Emperor.
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
10.00 **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** Experts discuss theories related to the world's most famous cryptid, Bigfoot. Recently uncovered evidence unveils a creature far fiercer than previously believed.. **10.00** Experts explore a new theory surrounding Scotland's Loch Ness Monster. The creature may not only be real, but possibly more dangerous than ever imagined.
11.00 **The Alaska Triangle** Experts examine the possibility of an interdimensional portal. **12.00** M'T Investigating a string of disappearances and mutilations in Alaska.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Murder by Medic**
6.00 **The First 48**
7.00 **Cold Case Files** A man is gunned down in the lobby of his hotel in 2000.
8.00 **Accident, Suicide or Murder?** A former Gang Unit investigator is found dead in his crashed van.
9.00 **Murder at the Motel** New edition A housekeeping manager is found dead.
10.00 **Don't Open the Door**
11.00 **Ross Kemp: Lost Boys, Deadly Men** Hassan Sentamu.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Wild Spaces**
11.00 **Shark Men**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **India's Wild Leopards**
3.00 **Legendary Catch**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 NEW SERIES **Secrets of the Bees** 1/2. An insight into the intelligence of bees. **8.00** Series finale 2/2. The mounting challenges facing bees. *See feature, page 21.*
9.00 **Cheetahs Up Close with Bertie Gregory** The wildlife photographer films the big cats in the Serengeti.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring the 300 moons within the solar system.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** The SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **Salvage Hunters: The Restorers** A Chesterfield sofa.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **Doctor Who**
7.55 **Doctor Who** *Invasion of the Dinosaurs – Part Two:* 6/26. The Doctor and Sarah Jane struggle to convince UNIT of the dinosaur threat. **8.30** *Invasion of the Dinosaurs – Part Three:* 7/26. The Doctor uncovers clues that point to a technologically advanced plot **9.00** *Invasion of the Dinosaurs – Part Four:* 8/26. Sarah Jane is abducted and learns of a plan to rebuild Earth's past. **9.35** *Invasion of the Dinosaurs – Part Five:* 9/26. The Doctor closes in on the scientists generating the time distortions. **10.10** *Invasion of the Dinosaurs – Part Six:* 10/26. The Doctor tries to thwart the Operation Golden Age conspiracy and stop the time reversal. (S11)
10.45 **Doctor Who**
4.05 **to 6.00** AM **999 Rescue Squad**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Stepmothers**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **People Magazine Investigates**
4.00 **Diabolical: Deadly Love**
5.00 **To Catch a Killer**
7.00 **Hometown Homicide** The 2014 case of student Danielle Locklear, who disappeared from her North Carolina home. **8.00** The case of 40-year-old Rachael Anderson, who disappeared shortly after calling a friend regarding a home improvement project.
9.00 **High Speed Chase** The reckless driver of an 18-wheeler wreaks havoc in Texas.
10.00 **Police 911: Michigan**
11.00 **Murder in the Heartland**
1.00 AM **Cabin in the Woods**
2.00 **To Catch a Killer**
4.00 **to 6.00** AM **Hometown Homicide**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** The Cogs restore an iconic 1970s motorbike.
1.00 PM **Outback Car Hunters**
2.00 **Planes That Changed the World** The SR-71 Blackbird.
3.00 **Supertruckers**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Ant Anstead: Born Mechanic**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant uncovers a 1980 Alfasud that has been locked away.
9.00 **Roadworthy Rescues**
10.00 **Supertruckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Man Finds Tape** Horror. (2025, 15, 84min) ★★★★
7.30 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
9.35 **Hostages** Comedy thriller. (2025, 15, 90min) ★★★
11.20 **Superman** As 8.00pm.
1.35 PM **One Battle After Another**
4.25 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
6.25 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★

4.25 Materialists

8.00 Superman Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Rachel Brosnahan and Nicholas Hoult. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. (2025, 15, 161min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
2.55 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
4.40 **to 6.20** AM **Sketch** Fantasy comedy starring Tony Hale. (2025, 12, 93min) ★★★★

Sky Cinema Fun

303 303 403 503 517

6.10 AM **Billy Madison** As 11.35am.
7.50 **Ferris Bueller's Day Off**
9.50 **The Brady Bunch Movie**
11.35 **Billy Madison** Comedy. (1995, PG, 90min) ★★
1.15 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.50 **Ace Ventura: When Nature...**
4.30 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
6.10 **American Pie 2** Teen comedy sequel starring Jason Biggs. (2001, 15, 106min) ★★★

4.30 American Pie

8.00 American Pie: The Wedding Comedy sequel starring Jason Biggs and Alyson Hannigan. The old high-school friends rally round when two of the gang get married. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 American Reunion Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
1.15 AM **Fools Rush In** Romantic comedy. (1997, 12, 109min) ★★
3.05 **Ferris Bueller's Day Off** Teen comedy from John Hughes. (1986, 12, 103min) ★★★★
4.50 **to 6.25** AM **The Brady Bunch Movie** Spoof comedy. (1995, 12, 89min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **Two Mules for Sister Sara**
9.25 **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
11.15 **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
1.00 PM **The Shawshank Redemption** As 10.10pm.
3.25 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
5.45 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★

8.00 The Bodyguard Romantic thriller with Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actor he has been assigned to protect. (1992, 15, 129min) ★★★
10.10 The Shawshank Redemption Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★

12.35 AM **Amadeus** Historical drama starring F Murray Abraham. (1984, PG, 158min) ★★★★★
3.15 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
5.05 **to 7.05** AM **Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **The Watched** Horror. (2024, 15, 102min) ★★★
8.00 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
9.45 **Ma** Horror. (2019, 15) ★★★
11.35 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
1.25 PM **The Lawnmower Man** Thriller. (1992, 15, 105min) ★★★
3.50 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★

6.15 Zombieland: Double Tap Horror comedy sequel starring Woody Harrelson. (2019, 15, 99min) ★★★
8.00 The Lost Boys Vampire tale starring Jason Patric, Corey Haim and Kiefer Sutherland. Two teenagers discover vampire bikers in a Californian town. (1987, 15, 98min) ★★★★
9.50 Men in Black II Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★

11.30 **Men in Black 3** Sci-fi sequel. (2012, PG, 105min) ★★★★
1.25 AM **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
2.55 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
5.10 **to 6.45** AM **AfrAid** Sci-fi horror. (2024, 15, 84min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.05 AM **Harold and the Purple Crayon** (2024, PG) ★★★
7.40 **The Hobbit: An Unexpected...**
10.40 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
12.40 PM **Spy Kids** (2001, U) ★★★★
2.15 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★
4.15 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
6.00 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★

6.00 E.T. The Extra Terrestrial

8.00 Stardust Fantasy comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. With Michelle Pfeiffer and Robert De Niro. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Hobbit: An Unexpected Journey Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman, Ian McKellen and Richard Armitage. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure. (2013, 12, 161min) ★★★★
4.00 **to 6.00** AM **Peter Pan** Family adventure with Jeremy Sumpter. (2003, PG, 113min) ★★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Love Hurts** Action comedy. (2025, 15, 83min) ★★
9.05 **First Knight** Mythical drama. (1995, PG, 134min) ★★★
11.20 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
1.10 PM **Rampage** Fantasy. (2018, 12, 107min) ★★★
3.00 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
5.30 **Spider-Man: No Way Home** Fantasy adventure sequel. (2021, 12, 148min) ★★★★

3.00 Furiosa: A Mad Max Saga

8.00 Spider-Man: Homecoming Adventure starring Tom Holland and Michael Keaton. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. (2017, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Jurassic World: Rebirth Adventure with Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
2.50 **Venom: Let There Be Carnage** Fantasy sequel. (2021, 15, 97min) ★★★
4.30 **to 6.25** AM **xXx: Return of Xander Cage** Action thriller. (2016, 12, 107min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **The First Wives Club** Comedy. (1996, PG) ★★★
8.55 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
10.45 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
12.30 PM **The Hangover Part III** Comedy sequel. (2013, 15) ★★
2.15 **Gremlins** (1984, 12) ★★★★
4.10 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
5.55 **Instant Family** Comedy. (2018, 12, 118min) ★★★★

8.00 Beetlejuice Beetlejuice

8.00 Beetlejuice Beetlejuice Horror comedy sequel starring Michael Keaton, Winona Ryder and Jenna Ortega. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Liar Liar Comedy with Jim Carrey. An unscrupulous lawyer is forced to tell the truth for one day after his neglected five-year-old son is granted his birthday wish. (1997, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Spanglish** Comedy drama. (2004, 12, 131min) ★★★
2.05 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
3.45 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
5.25 **The Cinema List: Bingeable**
5.55 **to 7.30** AM **The Sweetest Thing** Comedy. (2002, 15) ★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Cinema List: British Women Directors**
6.25 **Safe House** As 3.05am.
8.35 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
10.45 **The Towering Inferno** Thriller. (1974, 12, 165min) ★★★★
1.40 PM **The Fugitive** Thriller. (1993, 15, 128min) ★★★★★
4.00 **Drop** Thriller starring Meghann Fahy. (2025, 15, 95min) ★★★★
5.45 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★

10.05 Hannibal

8.00 The Equalizer 2 Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Hannibal Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a perverse billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **American Gangster** Ridley Scott's crime drama. (2007, 18, 157min) ★★★★
3.05 **Safe House** Action thriller. (2012, 15, 110min) ★★★
5.10 **to 6.10** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ron's Gone Wrong** Animation. (2021, PG) ★★★★
1.10 PM **Anastasia** Animation. (1997, U, 94min) ★★★
3.05 **Sword of Sherwood Forest** Adventure. (1961, U) ★★★
4.50 **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
7.05 **Cheaper by the Dozen** Comedy starring Steve Martin. (2003, PG, 98min) ★★★

9.00 Fisherman's Friends: One...

Cheaper by the Dozen (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Fisherman's Friends: One and All Comedy drama sequel with James Purefoy, Sam Swainsbury and Dave Johns. The Fisherman's Friends struggle to adjust to their new-found fame and work towards a second album. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Nuns on the Run** Comedy starring Eric Idle and Robbie Coltrane as bank-robbers on the run who hide in a convent and pretend to be nuns. (1990, 15, 89min) ★★★
1.05 **to 3.05** AM **Paranormal Activity: Next of Kin** Horror thriller starring Emily Bader, Roland Buck III and Dan Lippert. (2021, 15, 98min) ★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

7.25 AM **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
9.05 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
10.45 **The Last Airbender** Fantasy. (2010, PG, 103min) ★★
12.30 PM **Peter Rabbit** Comedy. (2018, PG, 95min) ★★★
2.10 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★

3.55 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
5.45 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
8.00 **Spider-Man: No Way Home** Comic-book adventure sequel. (2021, 12, 148min) ★★★★
10.30 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey. (2024, PG, 110min) ★★★
12.25 AM **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★

2.25 **Trolls** Animated musical with the voice of Anna Kendrick. (2016, U, 92min) ★★★
4.05 **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel. (2003, U, 84min) ★★★
5.35 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Greats

307 307 404 504 518

7.35 AM **The Blues Brothers** Cult comedy from John Landis. (1980, 15, 135min) ★★★★★
9.55 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
11.30 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
1.05 PM **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★

2.30 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
4.20 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
6.00 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
8.00 **Batman** Tim Burton's adventure starring Michael Keaton, Jack Nicholson and Kim Basinger. (1989, 15, 121min) ★★★★
10.10 **Batman Returns** Adventure with Michael Keaton, Michelle Pfeiffer and Danny DeVito. (1992, 12, 121min) ★★★★

12.20 AM **The Exorcist** William Friedkin's occult horror chiller. (1973, 18, 121min) ★★★★★
2.25 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
4.50 **Sky Cinema Preview**
5.50 **to 7.30** AM **Critters** Horror comedy. (1986, 15, 86min) ★★

Sky Cinema Animation

312 315 405 500 514

7.10 AM **Extinct** As 4.00pm.
8.40 **Fox and Hare Save the Forest**
9.55 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
11.15 **Riverdance: The Animated Adventure** As 8.45pm.
12.50 PM **The Ant Bully** Animation. (2006, U, 89min) ★★★★
2.30 **Antz** Animated comedy. (1998, PG, 83min) ★★★

4.00 **Extinct** Animated adventure. (2021, U, 84min) ★★★
5.40 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
7.10 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
8.45 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
10.20 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
11.55 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★

1.10 AM **Boonie Bears: Guardian Code** Animated adventure. (2023, PG, 96min) ★★★
2.50 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
4.25 **to 6.20** AM **Deep Sea** Animated family adventure. (2023, PG, 112min) ★★★

Disney+ Cinema

305 305

6.00 AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
7.25 **Piglet's Big Movie** Animated adventure. (2003, U, 75min) ★★
8.40 **The Many Adventures of Winnie the Pooh** Animation. (1977, U, 71min) ★★★
9.55 **Chronicles of Narnia: The Lion, The Witch and The Wardrobe**
12.20 PM **Ratatouille** Animation. (2007, U, 106min) ★★★★★

2.10 **The Mighty Ducks** Sports comedy. (1992, PG, 103min) ★★
3.55 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
5.30 **The Sorcerer's Apprentice** Action fantasy with Nicolas Cage. (2010, PG, 109min) ★★★★
7.20 **Freaky Friday** Fantasy comedy remake starring Jamie Lee Curtis. (2003, PG, 97min) ★★★
9.00 **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
10.40 **Cinderella** Classic animation. (1950, U, 75min) ★★★★

12.00 M'T **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
2.25 AM **Juno** Offbeat comedy. (2007, 12, 96min) ★★★★
4.05 **The Sorcerer's Apprentice**
5.50 **to 6.00** AM **Bao** Animation.

Talking Pictures

328 445 82 306 36

6.00 AM **Vengeance Is Mine** Drama. (1949, b/w, PG, 63min) ★★★
7.15 **The Night We Dropped a Clanger** Farcical comedy. (1959, b/w, PG, 86min) ★★
9.00 **The Great Game** Satirical drama. (1953, b/w, U, 80min) ★★★
10.35 **White Corridors** Medical drama. (1951, b/w, U, 95min) ★★
12.25 PM **The Lost Hours** Thriller. (1952, b/w, PG, 72min) ★★

1.55 **The Buccaneers** 3/39. (S1)
2.25 **The Brothers** 16/16. (S7)
3.30 **Dial 999** 4/39. (S1)
4.00 **The Long and the Short and the Tall** World War Two drama. (1960, b/w, PG, 110min) ★★★★
6.05 **Grey Cars: Devon 1957**
6.30 **Those British Faces**
7.00 **Out of Town**
7.30 **Scotland Yard** 27/39. (S1)
8.00 **Buccaneer** 6/13. (S1)
9.05 **The Stranglers of Bombay** Historical action adventure. (1959, b/w, 15, 80min) ★★★

10.45 **The Challenge** Crime thriller. (1960, b/w, PG, 95min) ★★★
12.35 AM **Budgie** 8/13. (S2)
1.35 **Captain Apache** (1971, 12) ★★
3.25 **False Colors** (1943, b/w, U) ★★★
4.40 **Look at Life**
4.50 **Stagecoach West** 2/38. (S1)
5.50 **to 6.00** AM **Look at Life**

WEDNESDAY Sport 1 April

Sky Sports Main Event

401 401 501 419 439

6.30 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 **LIVE IPL** **Lucknow Super Giants v Delhi Capitals.** Coverage of the T20 match at Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket Stadium. The Capitals narrowly missed out on the play-offs last year, while the Super Giants finished two places below them in seventh. Delhi won this meeting last season by eight wickets after they chased down their target of 160 with 13 balls to spare, mainly thanks to an unbeaten 57 off 42 balls from KL Rahul.
7.00 **Sports Centre** A round-up of the sports news, with analysis and comments, plus interviews with the current headline makers.
10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP tours.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Icons**
9.00 **Transfer 360** Double bill.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Clips from the 2004/05 season.
2.00 PM **PL Retro** Chelsea v Wigan Athletic from the 2009/10 season.
4.00 **Transfer 360**
5.00 **The Premier League Show**
7.00 **Premier League Stories**
7.30 **The Big Interview** Featuring a PL star of the past or present.
8.00 **Gary Neville's Soccerbox** With Teddy Sheringham.
8.30 With Louis Saha.
9.00 **Premier League Stories** An interview with a PL personality.
9.30 **The Big Interview** Featuring a PL star of the past or present.
10.00 **Transfer 360** Delving into the transfers of Alan Shearer.
10.30 John Hartson's transfers.
11.00 **Premier League Years** A look back at the 2004/05 season.
1.00 AM **PL Retro** Chelsea v Wigan Athletic from the 2009/10 season.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 17/18**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** Leeds United v Watford.
7.00 **EFL** An archive game in full.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights**
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **EFL Highlights**
5.00 **WSL** Chelsea v Aston Villa.
5.30 **Scottish Women's Cup**
6.00 **EFL Highlights**
7.00 **WSL** The key moments from Arsenal v Tottenham Hotspur.
7.30 **EFL Highlights**
8.30 **EFL League One Goals**
9.00 **EFL League Two Goals**
9.30 **EFL Highlights** Action from the Championship, including Swansea City v Coventry City, Bristol City v West Bromwich Albion and Charlton Athletic v Norwich City.
10.30 **WSL** Chelsea v Aston Villa.
11.00 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** From 2018/19.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** The 2025 final.
7.00 **IPL** Punjab Kings v Gujarat Titans.
11.15 **Best of ICC WT20**
12.00 NOON **IPL** Match highlights.
2.50 PM **LIVE IPL** **Lucknow Super Giants v Delhi Capitals.** Coverage of the T20 match staged at Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket Stadium. The Capitals narrowly missed out on the play-offs last year, while the Super Giants finished two places below them in seventh. Delhi won this meeting last season by eight wickets after they chased down their target of 160 with 13 balls to spare, mainly thanks to an unbeaten 57 off 42 balls from KL Rahul.
7.00 **Best of ICC WT20**
8.00 **IPL** Punjab Kings v Gujarat Titans.
9.00 Action from Lucknow Super Giants v Delhi Capitals.
10.00 Punjab Kings v Gujarat Titans held at PCA Stadium.
11.00 Action from Lucknow Super Giants v Delhi Capitals.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** A replay of Lucknow Super Giants v Delhi Capitals.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
11.00 **Women's Golf** 2025 Augusta National Women's Amateur.
2.00 PM **Ladies European Tour Golf**
3.00 **LPGA Tour Golf** A replay of day four of the Ford Championship.
6.00 **PGA Tour: The Cut**
6.30 **LIVE Women's Golf** Coverage of the first day of the Augusta National Women's Amateur staged at Champions Retreat Golf Club in Augusta, Georgia.
8.30 **Final Cut: Making Memories**
9.00 **Scotland's Greatest Holes**
9.30 **PGA Tour Champions**
10.30 **Masters Official Film 2025**
11.30 **The Masters Official Film 1990**
12.30 AM **Masters Official Film 2005**
1.30 **The Masters Official Film 2011**
2.30 **PGA Tour: The Cut**
3.00 **PGA Tour Golf**
4.00 **School of Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **LIVE ATP Tennis** Coverage from day three of the ATP Bucharest and ATP Marrakech Opens, the respective ATP 250 events, both of which are clay-court tournaments held at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech in Morocco respectively.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
4.00 AM **WTA & ATP Tennis**
5.00 **ATP Tour This Week**
5.30 **to 6.00** AM **Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **World Superbike Highlights**
7.00 **UEFA Champions League**
9.30 **MotoGP Rewind**
9.45 **World Superbike Rewind**
10.00 **The Cycling Show**
10.30 **The Gruppetto** Cycling news.
10.45 **Cycling** The In Flanders Fields.
12.45 PM **LIVE Cycling** Men and women's Across Flanders races.
4.45 **The Gruppetto** Cycling news.
5.00 **The Cycling Show**
5.30 **The Breakdown**
6.00 **TNT Sports Reload**
6.30 **Discovery Golf**
7.00 **Premier League Stories**
7.30 **The Breakdown**
7.45 **The Gruppetto** Cycling news.
8.00 **MLB Highlights**
9.00 **LIVE MLB** **Seattle Mariners v New York Yankees.** Start-time 9.10pm.
12.00 M'T **TNT Sports Reload**
12.30 AM **Discovery Golf**
1.00 **Premier League Legends**
1.30 **Women's ODI Cricket**
2.30 **The Cycling Show**
3.00 **Cycling** The Across Flanders.
5.00 **The Gruppetto**
5.15 **MotoGP Rewind**
5.30 **to 6.00** AM **UEFA Champions League Magazine** Highlights.

TNT Sports 2

411 414 522 409 431

7.30 AM **TNT Sports Cricket Reload** Highlights from New Zealand Women v Zimbabwe Women.
8.30 **MotoGP** Action from races at the Grand Prix of the Americas.
12.00 NOON **World Superbike Highlights** The second round of the season in Portimao, Portugal.
1.00 PM **MLB Highlights**
2.00 **The Breakdown**
2.30 **A-League Women Highlights** The 21st round of fixtures.
3.00 **NWSL** Action from Denver Summit v Washington Spirit.
4.00 **Ski Jumping World Cup** Highlights from Planica, Slovenia.
4.30 **Fishing: On the Bank**
5.30 **Premier League Legends** A profile of Tony Adams.
6.00 **Ultimate Pool** Action from Group 2 of the Pairs Cup.
7.30 **MotoGP Highlights** Action from the Grand Prix of the Americas.
8.30 **Discovery Golf** Latest news.
9.00 **LIVE Curling** **Sweden v Germany.** Coverage of the Men's World Championship round-robin match at Weber County Ice Sheet in Ogden, Utah.
12.00 M'T **Fishing: On the Bank**
1.00 **to 6.00** AM **The PREM**

Sky Sports Action

412 410 510 426 446

6.30 AM **Super League** Leeds Rhinos v Wigan Warriors from 2025.
9.30 **Super League** Another chance to see Castleford Tigers v Hull FC.
12.30 PM **Super League Highlights**
12.45 **Women's Super League**
1.00 **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Washington Commanders v Seattle Seahawks.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
10.30 **NFL Bitesize Highlights** Denver Broncos v New England Patriots.
10.45 Denver Broncos v Buffalo Bills staged at Empower Field.
11.00 **NFL Highlights** Denver Broncos v Kansas City Chiefs highlights.
12.00 M'T **The Insiders** The latest news.
1.00 AM **Super League Highlights**
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League**
4.45 **NFL Bitesize Highlights**
5.00 **Super Bowl LX Bitesize Hits**
5.15 **to 6.00** AM **NFL Bitesize**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC** Interactive show covering the major headlines.
11.00 **LIVE ATP Tennis** Coverage from day three of the ATP Bucharest and ATP Marrakech Opens, the respective ATP 250 events, both of which are clay-court tournaments held at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech in Morocco respectively.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
4.00 AM **EFL Greatest Games** Charlton Athletic v Sunderland.
4.15 Gillingham v Manchester City from the 1998/99 season.
4.30 Bolton Wanderers v Watford from the 1998/99 season.
4.45 Bolton Wanderers v Preston North End from 2000/01.
5.00 Sheffield United v Wolverhampton Wanderers.
5.15 **to 6.00** AM **Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **IPL** Highlights of the 2025 final.
8.00 **Indycar** Highlights from Alabama.
9.00 **Formula 1** Japanese Grand Prix.
10.00 **TGL** Action from the Finals Series.
2.00 PM **PL Greatest Games**
2.45 **ICC Men's T20 World Cup**
3.45 **Indycar** Alabama Grand Prix.
4.45 **Super League** Replay of Leeds Rhinos v Warrington Wolves.
8.00 **Formula 1** Japanese Grand Prix.
9.00 **PGA Tour Golf** Highlights from day four of the Houston Open.
10.00 **IPL** The 2025 final.
11.00 **Men's T20 World Cup**
12.00 M'T **PL Greatest Games**
1.00 AM **TGL** Action from SoFi Center.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.15 AM **MotoGP Rewind**
6.30 **Fishing: On the Bank**
7.30 **The Breakdown** Bristol Bears.
8.00 **A-League Women Highlights**
8.30 **AFL** Replays of recent games.
1.00 PM **MotoGP** Action from the Grand Prix of the Americas.
4.30 **MLB Highlights** Baseball action.
5.30 **TNT Sports Cricket Reload**
6.45 **Playing for Our Future: Cricket**
7.00 **NWSL** Highlights from Denver Summit v Washington Spirit.
8.00 **Women's One-Day International Cricket** Action from New Zealand v South Africa.
9.00 **A-League Women Highlights** The 21st round of fixtures.
9.30 **Muddy Roots of Football** A football team in Ireland.
10.00 **Cycling** Men's Across Flanders.
11.00 Women's Across Flanders.
12.00 M'T **The Cycling Show**
12.30 AM **MotoGP** Highlights.
2.00 **World Superbike Highlights**
3.00 **to 6.00** AM **Motocross**

TNT Sports 4

414 416 524 411 434

6.00 AM **Ski Jumping World Cup** Action from Planica, Slovenia.
6.30 **FA Cup** Tournament highlights.
2.30 PM **UEFA Champions League Magazine** News and action.
3.00 **UEFA Champions League** Archive highlights, including, Manchester City v Real Madrid from the 2021/22 season, and Real Madrid v Bayern Munich from the 2023/24 season.
6.00 **The PREM** Action from Newcastle Red Bulls v Exeter Chiefs.
7.00 Key moments from Gloucester v Leicester Tigers.
8.00 Bristol Bears v Harlequins.
9.00 Key moments from Saracens v Northampton Saints.
10.00 Sale Sharks v Bath Rugby.
11.00 **PREM: The Wrap Up**
11.15 **Playing for Our Future: Rugby**
11.30 **UEFA Champions League Magazine** News and action.
12.00 M'T **to 6.00** AM **Women's FA Cup** Action from the tournament.

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Eredivisie Highlights**
8.00 **NASCAR Highlights**
9.00 **Sporting Greats**
9.30 **URC in 60** The 14th round.
10.30 **Top 14 Rugby Union Highlights**
11.00 **International Football**
1.00 PM **Champions Cup Highlights**
2.00 **NHL on the Fly**
3.00 **International Football**
5.00 **LaLiga Match Highlights**
6.00 **Africa Eco Race**
6.15 **URC in 60** The 14th round.
7.15 **LIVE Elite Ice Hockey League** **Glasgow Clan v Dundee Stars.** Face-off 7.30pm.
10.15 **Africa Eco Race**
10.30 **KOTV Boxing Weekly**
11.00 **Women's Football Weekly**
11.30 **Asian Le Mans Series**
12.30 AM **NHL: This is Hockey**
1.00 **NHL Ice Hockey**
3.00 **to 6.00** AM **LIVE NHL Hockey** **San Jose Sharks v Anaheim Ducks.** Face-off 3.00am.

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **United Rugby Championship** A replay of Sharks v Cardiff.
10.00 **NHL Ice Hockey** New Jersey Devils v New York Rangers.
12.00 NOON **Temples of Sport**
1.00 PM **Bike World** Magazine.
1.30 **NASCAR O'Reilly Series** Action from Martinsville Speedway.
4.30 **United Rugby Championship** Glasgow Warriors v Benetton.
6.30 Sharks v Cardiff replay.
8.30 **Temples of Sport** Iconic sporting venues from around the globe.
9.30 **Top 14 Rugby Union** Action from the French top flight.
11.30 **NHL Ice Hockey** New Jersey Devils v New York Rangers.
1.30 AM **LIVE NHL Ice Hockey** **Colorado Avalanche v Vancouver Canucks.** Coverage of the Western Conference match from Ball Arena. Face-off 1.30am.
4.30 **Temples of Sport**
5.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From 2015.
10.00 **Indycar** From Alabama.
11.00 **Formula 1** Japanese Grand Prix.
12.00 NOON **Indycar** From Alabama.
2.30 PM **Formula 1** At Suzuka Circuit.
4.45 **Ted's Notebook**
5.15 **Brad Pitt x McLaren**
5.30 **Indycar** From Alabama.
6.30 **Formula 1** Japanese Grand Prix.
7.30 **Ted's Notebook**
8.00 **Ferrari Challenge UK Highlights**
8.30 **Formula 1** Another chance to see the Japanese Grand Prix.
10.45 **Ted's Notebook**
11.15 **Brad Pitt x McLaren**
11.30 **Ferrari Challenge UK Highlights**
12.00 M'T **Indycar** From Alabama.
1.00 AM **F1 Explained**
2.00 **The Best of Australia**
2.25 **The Best of China**
3.00 **F1 Explained**
4.00 **The Best of Australia & China**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

2 April

Evening Planner

Reality

Race Across the World

BBC1, 8pm

Five pairs set off on the journey of a lifetime as this year's race takes place between Europe and Mongolia.

Factual

Harry Clark Goes to Rome

BBC1, 10.40pm

The Traitors winner explores his Catholic faith and takes a deeply personal journey to Vatican City to meet the Pope.

OnDemand

Disney+

Raising Chelsea

Available today

Cameras follow *Made in Chelsea* favourites Sophie Habboo and Jamie Laing as they plan for parenthood.

OnDemand

HBO max

The Pitt

New episodes weekly

Robby (Noah Wyle) is focused on finishing his final shift before his sabbatical without incident, as the drama continues.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Race Across the World		9.00 The Apprentice		10.00 News; Local News	10.40 Harry...
	102 BBC2	7.00 Great British Menu		8.00 This Farming Life		9.00 Kegworth: Flight to Disaster		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	7.00 Tonight †	7.30 Emmerdale	8.00 Coronation...	8.30 Vera				10.25 News
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Building Home		9.00 A Woman of Substance		10.00 Dispatches: Click to Kill: The AI War...	
	105 5	‹ 6.30 Snooker: Tour Championship – Live		8.00 Yorkshire's Poshest Hotel: Grantley Hall		9.00 The Teacher		10.00 Forensics: Murder Scene	
	106 SKY ONE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Never Mind the Buzzcocks		10.00 Sport's Funniest Moments	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Stacey Dooley: Blood, Sweat and T-Shirts			
	116 BBC4	7.00 Fred Dibnah's...	7.30 Cornwall's Red...	8.00 Film: All About Eve					10.15 Wogan with Bette Davis
	118 ITV2	7.00 Wheel of Fortune		8.00 The 1% Club		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 24 Hours in Police Custody		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.00 MAFS Australia: After the Dinner Party		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 FBI		10.00 Burn Notice	
	108 SKY ATLANTIC	7.05 Hacks				9.00 The Last of Us			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.20 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Frankie Boyle's New...	10.40 Have I...
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Midsomer Murders	
	120 ITV4	7.00 Aussie Pickers		8.00 Ice Road Truckers		9.00 Film: Rocky II			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Twins			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Queens of Mystery		9.00 Father Brown		10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Shakespeare & Hathaway		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Daniel Day-Lewis		9.00 Film: Sunset Boulevard			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Speed of Life		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Northwoods Survival	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Swamp People		9.00 History's Deadliest with Ving Rhames		10.00 The UnBelievable with Dan Aykroyd	
	155 U&YESTERDAY	7.00 Greece with Simon Reeve		8.00 Bangers & Cash				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 UFO		8.00 Tell Them You Love Me				10.00 Barbie Uncovered: A Dreamhouse...	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Hostages		8.00 Superman					10.15 One Battle After Another
	302 ADVENTURE	‹ 5.30 Spider-Man: No Way Home		8.00 Spider-Man: Into the Spider-Verse				10.00 Superman	
	303 FUN	‹ 6.15 The Hangover		8.00 The Hangover Part II			9.45 The Hangover Part III		
	307 GREATS	‹ 5.50 Batman Returns		8.00 Batman Forever				10.05 Batman & Robin	
	312 ANIMATION	‹ 5.40 Trolls	7.25 Dragon Rider			9.10 Boonie Bears: Guardian Code			
	304 FAMILY	‹ 6.00 Smurfs	7.40 A Minecraft Movie				9.30 The Hobbit: The Battle of the Five Armies		
	306 ACTION	‹ 5.45 Spider-Man: Homecoming		8.00 Twisters				10.05 Uncharted	
	308 COMEDY	‹ 6.05 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.00 See No Evil, Hear No Evil	
	309 THRILLER	‹ 6.15 Cellular		8.00 Sherlock Holmes					10.15 Sherlock Holmes: A Game...
	310 DRAMA	‹ 6.10 Lost in Translation		8.00 A Star Is Born					10.20 Valentine's Day
	311 SCI-FI	‹ 5.40 Pacific Rim		8.00 Sinners					10.20 Blade
	313 FILM4	‹ 6.25 Hidden Figures				9.00 65			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of the ninth night of the tournament at AO Arena in Manchester,							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL – Live: Cambridge United v Swindon Town (Kick-off 8.00)						10.30 Scottish...
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	7.00 MLB – Live: Kansas City Royals v Minnesota Twins (Start-time 7.10)						10.00 MLB Classic	10.30 Discovery Golf
	411 TNT SPORTS 2	7.00 AFL			8.30 World Superbike Highlights		9.30 MotoGP Highlights		10.30 Isuzu UTE...

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Farm 999** New edition Off-road bikers terrorising a farm. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Celebrity Homes Under the Hammer** Amanda Lovett. (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition Zoe Ball looks at how sunlight can improve heart health. (S)(AD)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** (R)
4.30 **The Finish Line** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Apprentice

7 PM

7.00 **The One Show** Clara Amfo and Angellica Bell present the topical show. (S)
7.30 **EastEnders** The residents gather for the opening of Knight Fusion, while Vicki and Ross think about wedding venues. (S)(AD)

8 PM

8.00 NEW SERIES **Race Across the World** 1/9. Five teams set off from the start line in Palermo, Sicily, aiming to be the first ones to arrive at the final destination in Mongolia, 12,000km away. *See feature, page 20.* (S)(AD)

9 PM

9.00 **The Apprentice** New edition 10/12. Lord Sugar challenges the remaining candidates to create and sell a pet product. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW **Harry Clark Goes to Rome** *The Traitors* star goes on a deeply personal journey from Slough to Rome and Vatican City in search of answers about belief, identity and what it means to be a good Catholic in the modern world. (S)(AD)
11.40 **Ambulance** 3/6. Central Leeds crew Nagina and Mo are called to a siege where police are currently negotiating with a man who is threatening to harm himself and the officers attending. (S)(R)
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Just One Thing** (S)(R)(AD)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz show. (S)(R)
2.30 **Lightning** Game show. (S)(R)
3.00 **Clive Myrie's Italian Road Trip** Clive finds out if he could make it as a gondolier in Venice. (S)(R)
3.30 **Hidden Kingdoms** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Eastnor Castle. (S)(R)
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** With Ahir Shah, Michaela Strachan, Dr Xand van Tulleken and Vogue Williams. (S)(R)
6.30 **Rick Stein's Food Stories** Rick samples Filipino-style Sunday lunch in Northern Ireland. (S)(R)(AD)

9.00 Kegworth: Flight to Disaster

7.00 **Great British Menu** New edition The three remaining chefs from Northern Ireland compete over their mains and desserts inspired by the British film industry. (S)(AD)
■ Continues tomorrow

8.00 **This Farming Life** New edition 6/12. Callum needs to haggle hard to get a good price for his calves from a mainland buyer, while Zara's morning cattle check brings devastating news. (S)
■ Entire series on BBC iPlayer

9.00 NEW **Kegworth: Flight to Disaster** Survivors and eyewitnesses recount the moment British Midland Airways Flight 092, travelling from London to Belfast, crashed into the side of the M1 motorway in 1989. (S)(AD)

10.00 **The Apprentice: Unfinished Business** New edition 10/12. Angela Scanlon and guests examine the candidates' performances and analyse the latest task. (S)(AD)
10.30 **Newsnight** (S)

11.00 **Clash of the Superpowers: America vs China** 2/2. A controversial visit to Taiwan brings the two superpowers closer to military confrontation. (S)(R)(AD)
12.00 M'T **Inside Britain's National Parks** 1/4. The people who live and work in the New Forest. (S)(R)(AD)
12.55 AM **Sign Zone: Great British Menu** As 7.00pm. (S)(R)(AD)
1.55 **Sign Zone: The Other Bennet Sister** 5&6/10. (S1) (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Lady Leshurr, Gabby Logan and Adam Thomas trying to guess the familiar phrases. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the infamous Banker. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.00 **Tonight: Diet – Can You Eat Yourself Happy?** Reporter Lara Lewington investigates which foods can help to improve mood. (S)
7.30 **Emmerdale** Paddy reaches breaking point, and Jacob is determined. (S)(AD)

8.00 **Coronation Street** Maggie faces a grilling for assaulting Megan, while Ken grows concerned at Daniel's bitterness. (S)(AD)
8.30 **Vera** *Inside:* As she considers a life-changing decision, Vera finds herself investigating two cases when an ex-prisoner's body is discovered on the banks of the River Tyne. The detective has to find out if the former inmate has been served cold justice or if there's more to his death. (S)(R)(AD)

10.25 **ITV News** (S)

11.00 **Local News** (S)
11.15 FILM **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's action adventure starring Harrison Ford, Cate Blanchett and Shia LaBeouf. (S) (2008, 12, 120min) ★★★
1.15 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Floor** (S)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 16-18/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 4/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From Old Town House, Margate. (S)
5.30 **Come Dine with Me** New edition Lindsey serves up hearty home-cooked fare on night four. (S)
6.00 **Jasmine Harman's Renovation in the Sun** Jasmine's father comes over from London to help out with the decorating. (S)(R)

9.00 A Woman of Substance

7.00 **News** (S)

8.00 **George Clarke's Building Home** Daniel, Laura and son Archie take on the task of transforming an old beach house on the Essex island of Mersea into their dream home with a budget of £50,000. (S)(R)(AD)

9.00 **A Woman of Substance** Series finale 8/8. With the war raging on, young Emma's business is failing and an unlikely alliance could be her only lifeline. (S1) (S)(AD)
■ Entire series on C4 streaming

10.00 **Dispatches: Click to Kill – The AI War Machine** With unique access in Ukraine, Israel and the US army, this film charts the new technological arms race and asks whether these tools will make warfare more precise and reduce civilian casualties. (S)(AD)
11.05 **24 Hours in A&E** A man is brought in with a fractured femur after a motorcycle accident. (S)(R)(AD)
12.05 AM **24 Hours in A&E** (S)(R)(AD)
1.00 **Ramsay's Hotel Hell** (S)(R)(AD)
1.50 **The Hunt: Prey vs Predator** (S)(R)
3.35 **Dispatches: Keir Starmer – Where Did It All Go Wrong?** (S)(SL)(R)
4.25 **Couples Come Dine with Me** (R)
5.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.30 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day four from Manchester Central, featuring two quarter-finals. *Continues at 6.30pm.* (S)
5.00 **News** (S)
6.00 **Cash in the Attic** Jules Hudson helps people make money from unwanted items. (S)(R)
6.30 **LIVE Snooker: Tour Championship** Coverage of the evening session on the fourth day from Manchester Central, featuring the conclusion of two quarter-finals. *Coverage continues on 5Action.* (S)

9.00 The Teacher

LIVE Snooker: Tour Championship (started at 6.30pm)

8.00 **Yorkshire's Poshest Hotel: Grantley Hall** New edition 2/4. The Hall prepares to host its first ever Halloween Party, which means a hectic week for Interior and Ambience Manager Marek and his assistant Shelley. (S)

9.00 **The Teacher** Series finale 4/4. Principal Cookson informs Helen that her position has become untenable. (S3) (S)(AD)
■ Entire series on 5 streaming

10.00 **Forensics: Murder Scene** West Yorkshire police and forensics teams investigate the stabbing of a woman in Leeds, meticulously examining the scene to establish what might have happened. (S)(R)

11.30 **Murder 360** The hunt for Kylen Schulte and Crystal Turner. (S)(R)
12.30 AM **Car Pound Cops** A quad-bike rider is flagged down. (S)(R)
1.25 **Entertainment News** (S)
1.30 **Teleshopping** (S)(R)
2.30 **Inside Selfridges: Then & Now**
3.20 **A&E After Dark** (S)(R)
4.10 **Friends** 19/24. (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S2) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S3) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Micro Monsters with David Attenborough** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 6/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 4/26. Part one of two. The Dunder Mifflin staff head to Niagara Falls for Jim and Pam's wedding. (S)(R)
6.30 5/26. Part two of two. Andy suffers an embarrassing injury, and Kevin deals with the loss of his shoes. (S6) (S)(R)

9.00 Never Mind the Buzzcocks

7.00 **The Simpsons** *Black Widower:* Selma tells the family she is getting engaged to her prison pen-pal – Sideshow Bob. (S)(R)
7.30 *The Otto Show:* Marge and Homer buy Bart a guitar. With Spinal Tap. (S)(R)

8.00 **An Idiot Abroad** 4/8. Karl Pilkington travels to Mexico and immerses himself in the country's culture, before heading for Chichen Itza, home to temples built between the ninth and 12th centuries. (S)(R)(AD)

9.00 **Never Mind the Buzzcocks** Greg Davies hosts a special 1980s-themed edition, with Martin Fry, Debbie Gibson and Judi Love joining guest team captains Pepsi & Shirlie, and Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.00 **Sport's Funniest Moments** From football to F1 and cricket to golf, enjoy some of the funniest and most farcical moments from the sporting world. (S)(R)

12.00 M'T **Mr Bigstuff** 1/6. After the shock news that their dad is not dead, Lee and Glen handle things very differently. (S)(R)(AD)
12.30 AM 2/6. Kirsty has a bad start to her job. (S2) (S)(R)(AD)
1.00 **Grimm** 6/22. (S2) (S)(R)
2.00 NEW **Rob Beckett: Giraffe** A stand-up performance from the London Palladium.
3.45 **Hawaii Five-0** 4/23. (S2) (S)(R)
4.40 **S.W.A.T.** 6/23. (S2) (S)(R)(AD)
5.35 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R)(AD) **11.40** Scotcast (S)(R) **12.10am** Ambulance (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Y Ci Perffaith **12.30** Heno **1.00** Caeau Cymru **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Radio Fa'ma (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Nol O'r Dibyn Gyda Iolo Williams (AD) **6.30** Clwb Rygbi **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Tabw **9.30** Y Llinell Las **10.15** Craig Bellamy: Byd y Bel a Mi **11.15-11.45pm** Y Byd ar Bedwar – Diwedd y Goron

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A look at the contenders that did not make it to the final 60 list. **7.30** Steve Backshall travels to Indonesia in search of three reptiles to add to his list of predators.
8.00 **Top Gear** Jeremy Clarkson and James May create a TV advert for Volkswagen.
9.00 **Stacey Dooley: Blood, Sweat and T-Shirts** 1/4. Six teenagers learn where their clothes have come from, travelling to India to see first-hand the textiles industry that churns out designer-wear for Western girls.
10.00 **Stacey Dooley: Blood, Sweat and T-Shirts** 2/4. The teenagers learn, live and work in a backstreet sweatshop and are given three days to produce 36 blouses between them.
11.00 **The Young Offenders**
2.00 AM **Murdered by My Boyfriend** Drama.
3.00 **to 3.55** AM **Stacey Dooley: Blood, Sweat and T-Shirts**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw work on a 2000 Ford Mondeo. **5.50** Fuzz and Tim head to Rochdale to secretly restore a 1953 Riley RMF.
6.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer search for two homes in Birmingham.
7.55 **Kirstie and Phil's Love It or List It** The duo meet Nitasha and Nikunj in Staines-upon-Thames, who are unsure whether to sell or renovate their four-bedroom dormer bungalow.
9.00 **24 Hours in Police Custody** An investigation into an allegation of police corruption, with the unprecedented access given by the police meaning that cameras are allowed to document all of the twists and turns of the case.
10.00 **24 Hours in A&E** The King's College Hospital staff treat patients involved in serious road accidents.
11.05 **Emergency Helicopter Medics** Double bill.
1.15 AM **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** Entertainment landmarks.
7.30 **Cornwall's Red River** Poet John Wedgwood Clarke explores the waterway.
8.00 FILM **All About Eve** Classic comedy drama starring Bette Davis. An ageing Broadway actor discovers that a scheming youngster is out to steal her glory. (1950, b/w, U, 138min) ★★★★★
10.15 **Wogan with Bette Davis** Terry Wogan is joined by the American actor.
10.50 FILM **The Ipcress File** Spy thriller starring Michael Caine as Len Deighton's cockney intelligence agent Harry Palmer. (1965, PG, 108min) ★★★★★
12.35 AM **The Truth About Len Deighton** The writer discusses his life and work.
1.35 **Dawn Chorus: The Sounds of Spring**
2.35 **Fred Dibnah's Magnificent Monuments**
3.05 **to 3.35** AM **Cornwall's Red River**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.50 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
7.55 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.40 **Rude(ish) Tube Shorts**
11.50 **First Dates**
12.50 PM **Ramsay's Kitchen Nightmares USA**
1.50 **The Simpsons**
2.50 **Modern Family**
3.20 **Married at First Sight Australia** Reality series.
5.00 **Dance Moms: A New Era** New edition Tensions boil over due to one dancer's exit.
6.00 **The Simpsons** Triple bill of the animated comedy.
7.30 **Married at First Sight Australia** New edition Three new couples prepare for their first dinner party.
9.00 **MAFS Australia: After the Dinner Party** New edition Bec, Tyson and Rebecca enter the chat.
10.00 **Gogglebox** Opinions on *One Day, Married at First Sight Australia, The Apprentice* and *The Rescue.*
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.10 **Married at First Sight Australia** As 7.30pm.
2.35 **Gogglebox**
3.30 **First Dates**
4.25 **Modern Family**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Stop, Search, Seize**
9.00 **Caught on Dashcam**
10.00 **A1: Britain's Longest Road**
11.00 **FBI** 21&22/22. (S7)
1.00 PM **The Rookie** 9/22. Wesley breaks free of his contract. **2.00** 10/22. The team race to the rescue when a plane crashes in the city. (S4)
3.00 **Law & Order: Criminal Intent** 18/21. An ambitious stable worker resorts to murder. (S3)
4.00 **Nothing to Declare**

9.00 **FBI**

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **The Penguin** 1-8/8. (S1)
3.45 PM **Hacks** 1/8. Deborah eagerly anticipates trying out her new material on the road. **4.25** 2/8. Ava grapples with the value of honesty. **5.05** 3/8. Marcus makes a rash decision and Ava tries to adapt a new lifestyle. **5.45** 4/8. Deb struggles to connect with her audience. **6.25** 5/8. Deborah has a shaky reunion with a former comedian friend. (S2)

9.00 **The Last of Us**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.30 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Atlanta**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Supermarket Sweep**
1.10 **Celebrity Wheel of Fortune**
2.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 **Family Guy**

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Sauce for the Goose:* A business executive is murdered.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Speed Kills:* The surgery is raided, and Kate discovers why a patient has been suffering miscarriages.

11.50 **Lewis**

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.25 **The Big Match Revisited**
8.05 **Magnum, PI**
9.10 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.30 PM **BattleBots**
1.30 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.45 **The Sweeney** *Jack or Knave:* Regan is accused of corruption.
5.55 **Minder** *Hypnotising Rita:* Arthur takes over a steam-cleaning business.

11.25 **Rabbit Hole**

7 PM

7.00 Police 24/7 A call to a shooting leads to a scuffle and a lost gun, and an officer clears squatters from an abandoned house.

7.05 Hacks 6/8. Deborah embraces some unexpected company. **7.45** 7/8. Deborah and her team head to LA to pitch her new set as a comedy special. **8.20** 8/8. Deborah prepares to take the stage for her taping. (S2)

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants try to win a potential jackpot of £50,000.

6.55 Heartbeat *Riders of the Storm:* Nick awaits the arrival of a violent criminal who has recently been released from prison.

7.00 Aussie Pickers Exploring the private world of Max and Jenny, who have put their collection on display in their own town.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

8.00 Grace *Find Them Dead:* The team prepare for trial after stopping millions of pounds of cocaine being smuggled into Newhaven, and a jury summons poses a dilemma for one Brighton resident.

8.00 Ice Road Truckers Alex's licence hangs in the balance, and Lisa plots a comeback after her recent mistakes.

9 PM

9.00 FBI New episode *Lone Wolf:* 9/22. A seemingly straightforward murder investigation takes a shocking turn. (S8)

9.00 The Last of Us *When You're Lost in the Darkness:* 1/9. A hardened survivor is hired to smuggle a girl out of a quarantine zone.

9.00 Hell's Kitchen New edition 6/16. The chefs face a tough critic when tasked with elevating a classic Southern staple.

9.00 FILM Rocky II Boxing drama sequel directed by and starring Sylvester Stallone. Rocky steps back into the ring for a rematch against the world heavyweight champion. With Carl Weathers. (1979, PG, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 Burn Notice *Pilot:* 1/12. Drama starring Jeffrey Donovan. A discredited spy becomes a private investigator. (S1)
11.20 **The Rookie** 15/18. (S7)
12.15 AM **FBI** 14/22. (S7)
1.10 **Matlock** 12/19. (S1)
2.05 **FBI: International** 7/21. (S1)
3.00 **Road Wars**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

10.30 The Last of Us *Infected:* 2/9. Joel and Tess clash over Ellie's fate while on their way to drop the teenager off. (S1)
11.30 **The Last of Us** 3/9. Bill forges an unlikely connection. **12.55** AM 4/9. Joel and Ellie draw the attention of a vindictive rebel leader. **1.55** 5/9. Drama. (S1)
3.05 **Dune: Prophecy** 5/6. (S1)
4.15 **to 6.00** AM **Fish Town**

10.00 Family Guy New episode 6/22. Brian and Quagmire go on a press tour. (S23) **10.30** 15/20. Quagmire wants to be killed. (S20)
11.05 **Family Guy** 9/20. A parody of film noir detective films. (S20)
11.35 **American Dad!** (S17)
12.35 AM **FILM The Bob's Burgers Movie** Animated comedy with the voice of H John Benjamin. (2022, PG, 102min) ★★★
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Midsomer Murders *The Electric Vendetta:* A series of mutilated corpses turn up in the middle of crop circles, leading DCI Barnaby to question his approach.
11.50 **Lewis** *Generation of Vipers:* A professor is found dead after her dating video is leaked onto a website.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

9.00 Rabbit Hole New episode 4/8. Weir attempts to uncover the truth about Valence. (S1)
12.20 AM **Hell's Kitchen**
1.10 **Minder**
2.05 **The Sweeney**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 207 310

+1 hour 208/209

+1 hour 218 315 29 114 254

+1 hour 219 317 116

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Perth & Kinross.
8.00 NEW SERIES **Beechgrove Garden** The team return with more horticultural advice.
8.30 NEW SERIES **Landward** A special edition celebrating the 50th anniversary of the show.
9.00 **The Agency: Unfiltered** 5/6. Kirsten and Amy find out what the competitors are really like when their guard is down. **9.30** 6/6. The winner is announced at the agency's Halloween party.
10.00 **Situationships with Sophie and Christine** New edition Advice.
10.30 **Martin Compston's Norwegian Fling**
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Best of Scot Squad**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S6)
9.00 **The Rehearsal** (S2)
10.15 **Upright** 7&8/8. (S1)
11.30 **American Auto** (S1)
12.30 PM **Will & Grace** (S8)
1.30 **The Rehearsal** (S2)
2.45 **Upright** 7&8/8. (S1)
4.00 **Breeders** 7&8/10. (S1)
5.00 **Hitmen: Reloaded** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** 1/26. Michael regrets starting a rumour about Stanley. **7.30** 2/26. Dwight is suspicious of Darryl. (S6)
8.00 **Community** 14/22. Troy and Abed's rivalry gets out of hand. **8.30** 15/22. Britta's ex comes to town. (S3)
9.00 **Last Week Tonight with John Oliver** Talk show.
9.45 **Ricky Gervais: Fame**
11.15 **Breeders** 7&8/10. (S1)
12.15 AM **Hitmen: Reloaded**
1.15 **Community** (S3)
2.15 **Barry** 3&4/8. (S4)
3.30 **American Auto** (S1)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Kurios – Cabinet of Curiosities**
7.55 **Watercolour Challenge**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Portrait Artist of the Year: The Exhibition**
3.00 **Beyond the Brush**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 FILM **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
11.05 **The Directors**
12.05 AM **Billy Idol Should Be Dead** Documentary.
2.25 **INXS: Live Baby Live**
4.30 **National Treasures: The Art of Collecting**
5.30 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 14/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 15/26. (S1)
8.00 **Nothing to Declare**
9.00 **World's Most Evil Killers** Glen McCurley.
10.00 **Killer in My Village**
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 8/10. (S3)
1.05 AM **The Force: North East** Documentary.
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Jamie tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** NHS matrons Karis and Tim, and husband and wife Arj and Charlotte play the game.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **George Clarke's Old House, New Home**
10.00 **Matt Baker: Our Farm in the Dales**
11.00 **A New Life in the Sun**
12.00 NOON **Renovation in the Sun** DIY series.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **George Clarke's Old House, New Home**
7.00 **The Dog House**
8.00 **Batch from Scratch: Cooking for Less**
9.00 **Gogglebox**
10.05 **The Great Celebrity Bake Off for SU2C**
11.25 **Gogglebox**
12.30 AM **Open House: The Great Sex Experiment**
1.30 **Naked Attraction**
2.35 **Emergency Helicopter Medics** Documentary.
3.35 **24 Hours in A&E**
4.30 **to 5.00** AM **Travel Man**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 8/26. (S7)
2.00 **Warehouse 13** 1&2/13. (S3)
4.00 **Stargate SG-1** 4/22. (S4)
5.00 **Star Trek: Voyager** (S3)
6.00 **Star Trek: The Next Generation** 7/26. The *Enterprise* crew members welcome a delegation from a telepathic species. (S7)

7.00 Star Trek: Deep Space Nine

7.00 **Star Trek: Deep Space Nine** *The Siege of AR-558:* 8/26. Captain Sisko takes command of a bedraggled squadron. (S7)

8.00 **Stargate SG-1** *Crossroads:* 4/22. A Jaffa priestess brings unexpected news. Guest stars Vanessa Angel. (S4)

9.00 **Grimm** *Love Sick:* 17/22. Nick is shocked to find Hank is dating a monster as the search for the key grows more desperate.

10.00 **Grimm** *Cat and Mouse:* 18/22. Nick and Hank investigate a string of murders. Guest stars Sebastian Roche. (S1)

11.00 **The Walking Dead** 3/13. Shane is trapped inside a derelict school surrounded by the undead, while Daryl and Andrea search the woods for Sophia. (S2)
12.00 M'T **Warehouse 13** (S3)
2.00 AM **The Walking Dead** (S2)
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S16)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 21/23. (S1)
11.00 **Hudson & Rex** 10/16. (S1)
12.00 NOON **My Life Is Murder**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S16)
4.00 **The Mentalist** 21/23. (S1)
5.00 **Hudson & Rex** 10/16. Charlie and the team investigate when a gallery curator is found murdered. (S1)
6.00 **My Life Is Murder** 9/10. Harry's friend is accused of killing a survival expert. (S2)

9.00 Shakespeare & Hathaway

7.00 **Father Brown** *Wisdom of the Fool:* Murder proves to be no laughing matter when Father Brown visits a jesters' convention.

8.00 **Death in Paradise** *Music to My Ears:* 5/9. Part one of two. A concert pianist is shot dead during an apparent burglary. (S10)

9.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Lu and Frank are hired by a TV shopping studio. (S5)

10.00 **Father Brown** *The Cat of Mastigatus:* The sleuthing priest investigates when a girl is left for dead at a boys' school fete.

11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S10)
1.00 AM **My Life Is Murder** (S2)
2.00 **Murdoch Mysteries** 1/24. Murdoch investigates two murders at a cemetery. (S16)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.25 PM **Keeping Up Appearances**
1.05 **The Green Green Grass**
1.45 **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

10.20 Men Behaving Badly

7.00 **Porridge** Harris accidentally drops stolen pills into Fletcher's cuppa.
7.40 **Dad's Army** The platoon pose as traitors to see how the locals react.
8.20 **Are You Being Served?** The staff members suggest holding a fashion show to boost falling sales.

9.00 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre.
9.40 First episode of the comedy. Stacey travels from Wales to London to meet Gavin in person.
10.20 **Men Behaving Badly** Tony is forced to hide in the water tank in the loft.

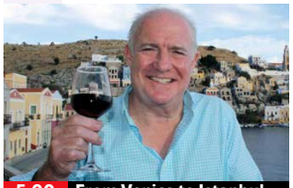
11.00 **Harry Enfield's Television Programme** Sketch show.
11.35 **Gavin & Stacey**
12.55 AM **Men Behaving Badly**
1.30 **Hi-de-Hi!**
2.20 **Harry Enfield's Television Programme** Sketch show.
2.50 **to 4.00** AM **Gavin & Stacey**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Britain's knack for growing vegetables at home.
8.00 **Special Ops: Crime Squad UK**
10.00 **Train Rescue Down Under**
11.00 **Rick Stein: From Venice to Istanbul** As 5.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein: From Venice to Istanbul** The chef arrives in Istanbul to conclude his trip.
6.00 **Hairy Bikers' Best of British**



5.00 From Venice to Istanbul

7.00 **Would I Lie to You?** With guests Abby Cook, Lucy Beaumont, Frankie Boyle and Mo Gilligan.
7.40 **Richard Osman's House of Games** With Gemma Cairney and Tim Key.
8.20 With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.

9.00 **QI XL** Sandi Toksvig looks at some underthings with panellists Maisie Adam, Daliso Chaponda, Jack Dee and Alan Davies.

10.00 **Frankie Boyle's New World Order** With Katherine Ryan.
10.40 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz.

11.40 **Mock the Week**
12.20 AM **Would I Lie to You?**
1.00 **QI XL** With Guz Khan.
2.00 **Frankie Boyle's New World Order** As 10.00pm.
2.35 **to 4.00** AM **I'll Get This**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.45 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** James is intrigued after meeting a cowhand.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Queens of Mystery

7.20 **Last of the Summer Wine** Wally Batty threatens to leave home, and Compo seizes the opportunity to move in.

8.00 **NEW SERIES Queens of Mystery** *Sparring with Death – First Chapter:* 1/6. Mattie investigates a murder at a retreat. (S2)

9.00 **Father Brown** *The Kembleford Dragon:* The priest investigates when the local stationmaster is found murdered.

10.00 **New Tricks** *Big Topped:* Sandra loses her trust in the other team members when she discovers they have withheld information concerning her father.

11.20 **The Inspector Lynley Mysteries** *Natural Causes.*
1.15 AM **Shakespeare & Hathaway: Private Investigators**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **The Marlow Murder Club**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S8&9)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Life Before His Eyes:* 14/24. A man pulls a gun on Gibbs at a diner.
7.00 *Secrets:* 15/24. A navy captain leading a double life as a masked vigilante is murdered.
8.00 *Psych Out:* 16/24. A navy reservist is found dead in his home. (S9)
9.00 **Blue Bloods** *Careful What You Wish For:* 11/19. Danny and Baez investigate a string of ambulance robberies.
10.00 *Where the Truth Lies:* 12/19. Frank comes under fire from a widow who blames him for her husband's recent suicide. (S10)
10.55 **Law & Order: Special Victims Unit** (S25&24)
2.40 AM **Law & Order: Criminal Intent** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **NEW SERIES A&E After Dark** A stabbing victim is brought to hospital – and later his attacker is too.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **A&E: Crash Scene Emergency**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM The Last Challenge** Western starring Glenn Ford. (1967, PG, 90min) ★★
2.05 PM **FILM High Noon** Oscar-winning Western with Gary Cooper. (1952, b/w, U, 85min) ★★★★★
4.00 **Mud Mountain Haulers**
4.55 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **LIVE Snooker: Tour Championship** Further coverage of the evening session on day four from Manchester Central, featuring the conclusion of two quarter-finals
10.00 **Cops** Double bill.
11.00 **The X-Files** 19/24. (S1)
11.55 **Motorway Cops: Catching America's Speeders** Documentary.
12.55 AM **Outback Truckers**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Pete Wicks: For Dogs' Sake**
7.00 **Tipping Point** Triple bill.
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete travels to Northern Ireland to pick up three stray dogs.
9.00 **One Born Every Minute** A couple grow more anxious with each day on the labour ward.
10.00 The midwives deal with a September baby boom and have to transfer some of the expectant mothers to another hospital.
11.00 **Emergency: First Time Medics** Double bill.
1.00 AM **The Gentle Art of Swedish Death Cleaning**
1.45 **to 3.00** AM **Louis Theroux Interviews... Stormzy**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **The World at War**
5.00 **World War Weird**
6.00 **Antiques Roadshow**
7.00 **Greece with Simon Reeve** 2/2. Simon travels to the north of Greece.
8.00 **Bangers & Cash** New edition Paul extracts a vintage tractor from a barn in Yorkshire.
9.00 **Bangers & Cash** Paul and Jack pick up a Mini and a Morris Minor.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
2.00 **to 3.00** AM **A Very British Murder with Lucy Worsley**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes in the City** From Paris.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family**
6.00 **Celebrity Yorkshire Auction House**
8.00 **Antiques Road Trip** Roo Irvine and Mark Hill head to the Highlands.
9.00 **Ghosts off Grid** New edition A masonic lodge brings Jordyn closer to a mysterious incident in his past, while Johnny attempts to cut through the noise.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 1-3/23. (S3)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S4)
5.20 **Bramwell** 2/8. (S2)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 22/25. Potter arranges a film night. **8.00** 23/25. Potter campaigns against war souvenirs. **8.30** 24/25. The 4077th runs out of blood. (S5)
9.00 FILM **Are You Being Served?** Comedy with John Inman, Frank Thornton, Mollie Sugden and Wendy Richard. (1977, PG, 95min) ★★
11.10 **Robin's Nest** (S1)
12.10 AM **M*A*S*H** (S5)
1.40 **Home to Roost** (S3)
2.10 **Rumpole of the Bailey**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON FILM **A Lawless Street** Western drama. (1955, U, 78min) ★★
1.45 PM FILM **Pony Express** Western adventure. (1953, U, 101 min) ★★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers**
9.00 FILM **November Man** Spy thriller starring Pierce Brosnan. (2014, 15, 108min) ★★★
11.20 FILM **American Heist** Crime drama starring Adrien Brody and Hayden Christensen. (2014, 15, 94min) ★★
1.20 AM **The Persuaders!**
2.20 **The Baron**
3.20 **Tombstone Territory**
4.15 **to 5.50** AM FILM **Seattle Superstorm** Disaster movie. (2012, PG, 95min) ★★

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Lost Letter Mysteries: One in a Million** Crime drama. (2016, PG, 84min) ★★
10.05 **In Plain Sight** 6/15. (S2)
11.05 **Castle** 6/22. (S8)
12.05 PM FILM **Framed for Murder** Thriller. (2022, 12, 85min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 7/22. (S8)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 7/15. (S2)
10.00 FILM **Garage Sale Mysteries: Murder Most Medieval** Thriller. (2017, PG, 90min) ★★
11.55 FILM **Lost Letter Mysteries: From the Heart** Crime drama. (2016, PG, 84min) ★★
1.50 AM FILM **Out of Control** Thriller. (2009, PG) ★★
3.20 **to 5.00** AM FILM **Gone Daughter Gone** Thriller. (2020, PG, 87min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Inspiring Love** Drama. (2023, PG) ★★
10.15 FILM **Love By Design** Drama. (2023, PG) ★★
12.10 PM FILM **Written in the Stars** Romantic drama. (2021, U, 89min) ★★
2.10 FILM **Flip That Romance** Drama. (2019, PG, 90min) ★★
4.05 FILM **One Perfect Wedding** Drama. (2021, PG, 84min) ★★
6.00 FILM **Team Bride** Drama. (2023, U, 91 min) ★★
8.00 FILM **The Decoy Bride** Romantic comedy. (2011, 12, 88min) ★★
10.00 FILM **A Christmas Village** Festive drama starring Madeline Leon. (2018, U, 84min) ★★
11.55 FILM **Christmas Unwrapped** Drama. (2020, U, 86min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Decoy Bride** (2011) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
1.00 PM **Love Your Home and Garden**
2.00 **Rick Stein's Food Stories** From Argyll.
2.45 **Robson Green's Weekend Escapes**
3.30 **My Greek Kitchen**
4.00 **Richard Wilson's Highland Fling**
5.00 **My Floating Home**
6.00 **Love Your Home and Garden** The team help a wheelchair-bound 15-year-old.
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue**
10.00 FILM **Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
12.00 M'T FILM **Permissive** Drama. (1970, 18) ★
2.00 AM **Love Your Home and Garden**
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **The Train at Platform 5**

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Space 1999** 8/24. (S2)
11.05 **Lady Killers**
12.10 PM **The Dustbinmen**
12.40 **Second Thoughts** (S1)
1.10 **Star Maidens** (S1)
1.40 **Boon** 4/13. (S1)
2.40 **Rewind Time Machine**
2.45 **Space 1999** 8/24. (S2)
3.50 **We Had One of Those**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S3)
6.30 **Star Maidens** (S1)
7.00 **Second Thoughts** (S1)
7.30 **The Fenn Street Gang**
8.00 **Boon** 4/13. (S4)
9.05 **Drop the Dead Donkey**
10.05 **The Kenny Everett New Naughty Video**
11.40 FILM **Children Shouldn't Play with Dead Things** Horror. (1973, 15) ★★
1.25 AM **Rewind Time Machine** Skateboarding.
1.30 **Stereo Underground**
2.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Jake becomes suspicious of Captain Keith taking him on as an apprentice. **8.00** It remains to be seen whether Wild Bill's risky bait and fishing strategy will pay off.
9.00 **Expedition X** Ghostly sightings coming from an abandoned canal.
10.00 **Expedition Unknown**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Islands to Highlands**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Comfort Food**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Comfort Food**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James visits Northern Ireland. **10.00** With Paul Rankin.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 13/22. (S6)
9.00 **T.J. Hooker** 4/22. (S2)
10.00 **The Invaders** (S2)
11.00 FILM **Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
1.00 PM FILM **Double Dragon** Martial arts adventure. (1994, 12, 91 min) ★★
3.00 FILM **Lost City Raiders** Sci-fi action adventure. (2008, 12, 90min) ★★
5.00 **Star Trek** 23/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 5/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Bullet to Beijing** Spy thriller sequel. (1995, 15, 101 min) ★★
11.20 FILM **Flight of the Intruder** War drama. (1991, 15, 113min) ★
1.45 AM FILM **Black Water** Crime action thriller. (2018, 15, 104min) ★★
3.40 **to 5.00** AM FILM **Every Last One of Them** Thriller. (2021, 18) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Lost Continent** Adventure. (1968, PG, 98min) ★★★
11.00 **The Lost World** (S3)
12.00 NOON **The Poseidon Adventure** 1 &2/4. (S1)
2.00 PM FILM **Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 16/22. (S3)
9.00 FILM **The Outsider** Crime action thriller starring Craig Fairbrass. (2014, 15, 94min) ★★
11.00 FILM **Last Knights** Medieval adventure starring Clive Owen. (2015, 15, 112min) ★★
1.25 AM FILM **The Outsider**
3.15 FILM **Meteor Apocalypse** (2010)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Storage Hunters**
10.15 **Container Wars**
12.10 PM **Curse of Skinwalker Ranch**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.05 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Storage Hunters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **The UnXplained**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Roswell 75: The Final Evidence**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Royal Births, Marriages & Deaths** The death of Queen Victoria.
10.00 **The Royal Kitchen: Upstairs, Downstairs** How royal culinary traditions have changed.
11.00 **Inside the Tower of London** Documentary.
12.00 M'T **Wentworth Prison**
1.05 AM **Happy Campers: The Caravan Park**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete to win a cash prize for a charity of their choice.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With guests Natalie Anderson, Patsy Kensit, Esther Rantzen and Brian McFadden.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **90 Day: The Single Life** New edition Vanja demands answers about Tony's past, Cortney struggles to walk away from Colt, while Sophie and Pedro finally share a romantic moment.
10.00 **Sister Wives** New edition The Browns celebrate the holidays with new traditions, while Kody and Robyn decorate their Christmas tree with Aurora's new boyfriend.
11.00 **Dr Pimple Popper: Breaking Out**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Liam Payne.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S9&1)
1.00 PM **Impractical Jokers**
2.00 **Friends** 6-14/18. (S10)
7.00 **Friends** 15/18. Joey's agent Estelle dies. **7.30** 16/18. Rachel gets ready to leave for Paris. **8.00** 17&18/18. Last-ever episode. (S10)
9.00 FILM **Twins** Action comedy. (1988, PG, 107min) ★★★
11.05 **Impractical Jokers**
11.35 **Iain Stirling's Roast the Internet**
12.35 AM **Whose Line Is It Anyway? USA**
1.05 **South Park** (S18)
3.05 **Michael McIntyre: Happy & Glorious**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
7.00 **Teleshopping**
9.00 **Spin City** 9&10/26. (S4)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 9/26. Carter and Deidre battle it out. **6.30** 10/26. The mayor takes a break. (S4)
7.00 **Everybody Loves Raymond** (S9&1)
10.00 **Friends** 19-24/24. (S9)
1.05 AM **The Ricky Gervais Show** Double bill.
2.05 **Whose Line Is It Anyway? USA**
3.05 **Reno 911!** (S8)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.40 **Steptoe and Son** (S5)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 2/8. (S2)
12.25 PM **Man About the...**
12.55 **Goodnight Sweetheart**
1.30 **When the Boat Comes In** 1/13. Drama. (S2)
2.35 **Minder** 4/8. (S6)
3.35 **Just Good Friends** (S2)
4.15 **Man About the House**
4.45 **Some Mothers Do 'Ave 'Em** 5/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.45 **Rising Damp** 1/8. (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 4/11. (S1)
9.00 **Benidorm** 7/9. (S9)
9.55 **Shameless** 1/16. (S7)
11.00 **Man About the House**
11.30 **Rising Damp** (S1)
12.00 M'T **Benidorm** 7/9. (S9)
12.55 AM **Minder** 8/13. (S3)
2.00 **In Sickness & In Health**
2.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **16 and Pregnant**
6.45 **Teen Mom**
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
2.00 PM **Catfish: Teams**
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **90's House**
9.00 **Skin A&E** Dr Adil treats a patient with five lipomas.
10.00 **Sleeping with My Murderer** The murder of a father of three.
11.00 **Caught in the Act: Double Life**
12.00 M'T **Love & Hip Hop: Atlanta** New edition Jessica's relationship hits a bump in the road.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

2 April Thursday

Thursday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Dino Hunters**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Making folding kayaks and refuse-collection trucks. **4.30** The manufacture of rolled wafers and wood pellets.
5.00 **Alaska: Homestead Rescue** Bus-dwelling homesteaders struggle in the wilderness.

5.00 Alaska: Homestead Rescue

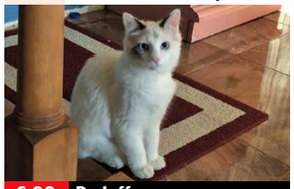
7.00 **Wheeler Dealers** Mike Brewer discovers a true Japanese legend from the 1990s, the Nissan 300ZX twin turbo.
8.00 **Wheeler Dealers** Mike pays it forward and helps out a member of the team by fixing up his four-litre V6 2007 Mustang.
9.00 **Naked and Afraid** New edition Survival legend Matt Wright crashes into two survivalists in Florida's Everglades, where aggressive crocs threaten to take everyone out.
11.00 **Expedition Bigfoot** A chilling howl stops the team in their tracks at the new base camp, while Bryce learns of a potential Bigfoot cover up.
12.00 M'T **Border Control: Europe**
1.00 AM **Naked and Afraid**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Sloths** Double bill.
10.00 **Tanked** With Howie Mandel.
11.00 **Animal Cops Phoenix**
1.00 PM **Must Love Cats**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Dealing with a tantrum-prone feline. **4.00** Helping a timid cat who is scared of its own tail.
5.00 **Lone Star Law** A patrol leads to a drugs bust and a manhunt.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor tries to save a dog kicked in the head by a horse.



6.00 Dr Jeff

7.00 **Treehouse Masters** The team build a treehouse in the style of a rustic river shack along the banks of the Mississippi.
8.00 **Speed of Life** Slow motion cameras capture the 100mph strike of a yellow eyelash viper and a lizard that can walk on water.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane tackle a long-overdue task to secure their cabin for the winter.
10.00 **Alaskan Bush People** The Browns rush to build livestock shelters as a life-threatening cold front reaches the mountain.
11.00 **The Haunted** A family's encounter with a ghost.
12.00 M'T **Must Love Cats** John heads to the southwest to meet felines with frontier flair.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Miami**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Yukon Rescue**
9.00 **Air Crash Investigation: Surviving Disaster**
10.00 **World's Biggest Battleship: Drain the Oceans**
11.00 **Mysterious Islands**
12.00 NOON **Europe from Above**
1.00 PM **Car S.O.S** A motorbike.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Defending Europe**
5.00 **Car S.O.S** A 1968 Citroën DS.
6.00 **Inside Sydney Airport** As storms close runways, a man has an apparent heart attack.

10.00 Northwoods Survival

7.00 **Air Crash Investigation** The errors that caused the deaths of 118 people in the 2001 Linate airport disaster in Milan.
8.00 **Car S.O.S** New edition Fuzz Townshend and Tim Shaw tackle a Golf GTI Mk1 owned by one of Birmingham's VW fans.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Leicester to pick up a Mk 3 Ford Cortina, once Britain's top-selling car.
10.00 **Northwoods Survival** New edition Warmer weather brings fresh tests as the homesteaders tackle summer hunting.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **The Great British Dig: History in Your Back Garden**
6.55 **Deadman's Curse**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **The UnBelievable with Dan Aykroyd** As 10.00pm.
2.00 **Storage Hunters** Eight editions, including at: **5.30** Lori teams up with Jesse behind Brandon's back.
6.00 **American Pickers** The Wolfe Brothers explore a massive, fortress-like warehouse.

8.00 Swamp People

7.00 **Forged in Fire Armed Forces Tournament** The Marines step up to forge iconic combat knife, the KA-BAR.
8.00 **Swamp People** New edition Swamp chaos erupts as floodwaters vanish, forcing rival bulls into new battles.
9.00 **History's Deadliest with Ving Rhames** New edition A look at some of the deadliest weapons created in history.
10.00 **The UnBelievable with Dan Aykroyd** New edition The strangest-but-true stories in human history.
11.00 **The UnXplained with William Shatner** A look at some new factors coming to light about the Vkings.
12.00 M'T **Storage Hunters**
2.50 AM **History's Deadliest with Ving Rhames** As 9.00pm.
3.40 **The UnBelievable with Dan Aykroyd** As 10.00pm.
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Sigourney...**
8.00 **The Directors**
9.00 **The Movies**
10.00 **UFO**
11.00 **The Seventies**
12.00 NOON **MoviePass, MovieCrash** The rise and fall of the cinema ticket company.
1.50 PM **My Icon: Natasha Jonas**
2.00 **Benetton Formula**
4.00 **Discovering: Sigourney Weaver** Profile of the actor.
5.00 **The Directors**
6.00 **The Movies**

10.00 Barbie Uncovered

7.00 **UFO** 4/4. A look at how acclaimed psychiatrist John Mack began an investigation into claims of alien abduction.
8.00 **Tell Them You Love Me** Documentary exploring the story of esteemed university professor Anna Stubblefield's controversial affair with Derrick Johnson, a non-verbal man with cerebral palsy.
11.50 **Villeneuve Pironi: Racing's Untold Tragedy** The story of Formula 1 drivers Gilles Villeneuve and Didier Pironi.
1.50 AM **Forced Out** People dishonourably discharged from the armed forces because of their sexuality.
3.50 **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Sigourney Weaver**

10.00 **Barbie Uncovered: A Dreamhouse Divided** The story of the two people responsible for creating the Barbie doll.

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Aussie Gold Hunters** New edition A flood forces the Desert Diggers to call for help. Plus, new technology leads Jacqui and Andrew to a massive haul of gold.
10.00 **Richard Hammond's Workshop** The Cogs take centre stage.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case with Paula Zahn** A woman is killed in a bar car park.
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** The barrister examines a mugging and a hit and run.
8.00 **Murder on CCTV**
9.00 **Evil Lives Here**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Killer in My Family** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** At just 15 years old, James Fairweather, obsessed with murder, turned fantasies into reality.
8.00 **Fraud Squad** An IT Support Worker steals hospital computers.
9.00 **Descent of a Serial Killer** The crimes of Chester Turner.
10.00 **Britain's Almost Perfect Murders** New edition Alfred Rouse murders a drifter in Northamptonshire and burns the body to fake his own death, but a witness, a wallet and a number plate convict him of the murder.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
10.45 **Teleshopping**
11.00 **48 Hours** Rhonda Casto.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Patricia 'Patti' Berry's disappearance sparked long mystery. **3.00** Patricia Ann Jacob's body is found.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A Colorado hunter is shot thricne and killed. **5.30** Arson fires in California in 1984. **6.00** A community is rocked by the death of a well-respected nurse. **6.30** A woman's disappearance is paired with another case.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Caught Red Handed**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Killing Mum and Dad**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** True-crime.
10.00 **Dahmer on Dahmer: A Serial Killer Speaks**
11.45 **World's Most Evil Killers**
1.55 AM **Forensics: Catching the Killer**
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops:Law & Disorder** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Who Killed Ivan the Terrible?** Documentary.
9.40 **China: Treasures of the Jade Empire**
10.40 **The War** As 8.40pm.
11.50 **Inside Japan's War**
1.00 PM **Who Killed Ivan the Terrible?**
2.05 **China: Treasures of the Jade Empire**
3.05 **Who Killed Ivan the Terrible?** Documentary.
4.15 **The War** As 8.40pm.
5.20 **Inside Japan's War**
6.30 **Who Killed Ivan the Terrible?** Documentary.
7.35 **China: Treasures of the Jade Empire**
8.40 **The War** The final stages of World War Two in the Far East.
9.50 **Inside Japan's War**
10.55 **China: Treasures of the Jade Empire**
12.00 M'T **The War**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Deadly Australians**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Deadly Australians**
7.00 **Monkey Life** Double bill.
8.00 **Chasing the Rains**
9.00 **Wolves and Lions: Old Enemies** How canids and felines deploy a variety of hunting skills.
10.00 **Deadly Australians**
11.00 **Africa's Hunters**
12.00 M'T **Africa's Wild Year**
1.00 AM **New Kids in the Wild**
2.00 **Chasing the Rains**
3.00 **Wolves and Lions: Old Enemies** As 9.00pm.
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Weird or What? With William Shatner** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Weird or What? With William Shatner** How dolphins saved a surfer from a great white shark.
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **History's Greatest Aircraft**
9.00 **Bomber: Terror of WWII** A look at how the bombing of Tokyo demonstrated the power of the B-29 bomber.
10.00 **Commando Missions**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** How fish replicas and siren systems are made. **6.30** An insight into the making of snow ploughs. **7.00** Cufflinks and dashboards. **7.30** The making of pharmaceutical blister packs, deli slicers and weather vanes. **8.00** How bowler hats and solar water heaters are made. **8.30** A look at the making of turntables and steam engines. **9.00** The making of kimchi and traditional parquet floors. **9.30** Focusing on raw pet food and replica police lanterns. **10.00** The development of calissons and diving watercrafts. **10.30**. The making of art glass wall sconces and game tables.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Accident, Suicide or...**
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** A college student dies under suspicious circumstances.
9.00 **Predator Files** New editions The SOSA team close in on an offender, only to face a sharper threat as evidence disappears. **9.30** The SOSA team work with Louisiana Vice in a double decoy operation.
10.00 **Ozark Law** New edition Labor Day weekend brings some exciting action.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide...**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **World's Weirdest**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Secrets of the Bees**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo**
8.00 **Supersized Sharks** Tiger sharks hunting off a small island in the middle of the South Pacific.
9.00 **Sharks of the North** Sightings of great white sharks on Canada's Atlantic coast.
10.00 **Alaska: The Next Generation** To begin construction on his new cabin, Alex Javor must overcome a major obstacle.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Planes That Changed...**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The mysterious 'ninth' planet reported to exist on the very edge of the solar system.
1.00 PM **NASA's Unexplained Files**
2.00 **Truth Behind the Moon Landing** The fire on *Apollo1* that killed three astronauts.
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the DC-3.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **Salvage Hunters: The Restorers** A 1960s chandelier.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **Terry and June**
9.00 **Terry and June** 3/6. An old costume proves to be Terry's undoing when he is persuaded to dress up for a dinner party. **9.40** 4/6. June is furious when Terry agrees to help attractive neighbour Cynthia lay down some paving slabs. **10.15** 5/6. A supposedly restful weekend at nephew Alan's country pub leaves the couple anxious to get home. **10.55** 6/6. The couple are looking forward to an all-expenses-paid weekend away on behalf of Sir Dennis. (S3) **11.35** 1/6. The couple win a giant jigsaw, which proves to be a dangerous pastime. **12.15** AM 2/6. Terry advertises his snooker table for sale in the local newspaper. (S4)
12.55 **Terry and June**
4.30 **Inside the Ambulance**
5.20 **to 6.00** AM **Terry and June**

+1hour 266 376

ID

154 140 166

8.00 AM **To Catch a Killer**
9.00 **American Monster**
11.00 **Diabolical: Deadly Love**
12.00 NOON **People Magazine Investigates** Focusing on the murder of Mike Williams.
1.00 PM **American Monster**
3.00 **People Magazine Investigates**
4.00 **Diabolical: Deadly Love**
5.00 **Southern Fried Homicide**
7.00 **Welcome to Killer Town** The case of Charlie Kinkel. **8.00** The murders of Donna Fontaine and Fred Palahniuk
9.00 **American Detective with Lt Joe Kenda** Detective Ben Elkins gets called in to search for a missing farmhand.
10.00 **A Body in the Basement** Police find a missing Michigan man hanging in a basement dungeon.
11.00 **Cabin in the Woods**
12.00 M'T **Police 911: Michigan**
1.00 AM **Good Cop, Bad Cop**
2.00 **Southern Fried Homicide**
4.00 **to 6.00** AM **Welcome to Killer Town**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Supertruckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV.
1.00 PM **Outback Car Hunters**
2.00 **Planes That Changed the World** A look at the DC-3.
3.00 **Supertruckers**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Ant Anstead: Born Mechanic**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant finds a MG Midget 1500.
9.00 **Roadworthy Rescues**
10.00 **Supertruckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Pets on a Train** (2025)
7.50 **Hostages** As 6.15pm.
9.35 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
11.35 **Superman** As 8.00pm.
1.50 PM **One Battle After Another**
4.40 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
6.15 **Hostages** Comedy thriller with Charlotte Ritchie, Tanya Moodie and Nicholas Asbury. (2025, 15, 90min) ★★★

6.20 Pets on a Train

8.00 Superman Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Rachel Brosnahan and Nicholas Hoult. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Nobody 2** As 4.40pm.
2.40 **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
4.25 **to 6.00** AM **Pets on a Train** Animated family adventure. (2025, PG, 87min) ★★★

Sky Cinema Fun

303 303 403 503 517

6.25 AM **The Cable Guy** (1996)
8.05 **The Sweetest Thing** (2002)
9.40 **American Pie: The Wedding** Comedy sequel. (2003, 15) ★
11.20 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
1.15 PM **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
2.55 **Panda Plan** Action comedy. (2024, 15, 99min) ★★★
4.45 **Liar Liar** As 4.25am.
6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

4.45 Liar Liar

8.00 The Hangover Part II Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Hangover Part III Dark comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. With Justin Bartha. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Cable Guy** Black comedy starring Jim Carrey. (1996, 12, 96min) ★★★★
1.10 AM **The Sweetest Thing** Comedy. (2002, 15, 89min) ★
2.45 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
4.25 **to 6.00** AM **Liar Liar** Comedy. (1997, 12, 86min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Drift** Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★
8.50 **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
11.30 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
1.40 PM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
4.00 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★

6.10 **Lost in Translation** Sofia Coppola's bittersweet romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★★

12.30 AM **Love Story** Romantic melodrama with Ryan O'Neal. (1970, PG, 100min) ★★★★
2.15 **...And Justice for All** Satirical comedy. (1979, 15, 119min) ★★★
4.25 **to 6.40** AM **Birdy** Psychological drama starring Nicolas Cage. (1984, 15, 120min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.45 AM **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
8.25 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
10.25 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
12.15 PM **Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★
2.05 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★

4.05 **AfrAId** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
5.40 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
10.20 **Blade** Adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. (1998, 18, 121 min) ★★★

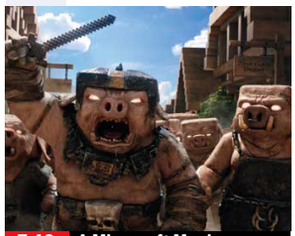
12.25 AM **Blade 2** Action horror sequel starring Wesley Snipes. (2002, 18, 117min) ★★★★
2.25 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★
4.35 **to 6.10** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **The Emoji Movie** Animation. (2017, U, 83min) ★
7.30 **Penguins of Madagascar** Animation. (2014, U) ★★★★
9.05 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
11.05 **The Hobbit: The Desolation of Smaug** (2013, 12) ★★★★
1.50 PM **The Hobbit: The Battle...**
4.20 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
6.00 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★



7.40 A Minecraft Movie

7.40 A Minecraft Movie Fantasy with Jack Black and Jason Momoa. A band of misfits embark on an epic quest after entering a cubic wonderland. (2025, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

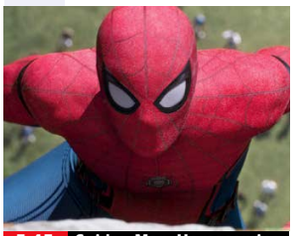
9.30 The Hobbit: The Battle of the Five Armies Conclusion of the fantasy adventure trilogy starring Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
1.35 AM **The Witches** Fantasy. (1989, PG, 90min) ★★★★
3.20 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
5.05 **to 6.40** AM **Spy Kids 3: Game Over** Action comedy sequel. (2003, U, 84min) ★★★

Sky Cinema Action

306 306 407 507 521

6.25 AM **The Italian Job** Crime caper. (1969, PG) ★★★★★
8.15 **The Patriot** (2000, 15) ★★★
11.10 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
1.20 PM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
3.25 **Jurassic World: Rebirth** Adventure. (2025, 12) ★★★
5.45 **Spider-Man: Homecoming** Adventure. (2017, 12) ★★★★



5.45 Spider-Man: Homecoming

8.00 Twisters Disaster drama sequel starring Daisy Edgar-Jones and Glen Powell. A meteorologist crosses paths with a storm-chasing social media star in Oklahoma. With Anthony Ramos and Brandon Perea. (2024, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Uncharted Action adventure starring Tom Holland and Mark Wahlberg. A pair of treasure hunters embark on a globetrotting search for a fortune that was lost 500 years previously. (2022, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
1.50 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
3.40 **Safe House** Action thriller. (2025, 15, 90min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.30 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
9.10 **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
11.00 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
12.40 PM **Beetlejuice Beetlejuice** Comedy. (2024, 12) ★★★★
2.30 **So I Married an Axe Murderer**
4.20 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
6.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

6.05 Miss Congeniality

8.00 Miss Congeniality 2: Armed and Fabulous Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 See No Evil, Hear No Evil Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 How to Lose a Guy in 10 Days Romantic comedy starring Kate Hudson. (2003, 12, 116min) ★★★
1.45 AM **So I Married an Axe Murderer** Comedy thriller. (1993, 15, 92min) ★★★
3.25 **Mean Machine** Sports drama. (2001, 15, 99min) ★★
5.10 **to 7.00** AM **The Ballad of Wallis Island** Comedy drama. (2025, 12, 100min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **The Towering Inferno** Thriller starring Paul Newman. (1974, 12, 165min) ★★★★
9.05 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
11.35 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
1.55 PM **The Equalizer** Thriller. (2014, 15, 132min) ★★★
4.10 **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★
6.15 **Cellular** Suspense thriller. (2004, 15, 94min) ★★★

8.00 Sherlock Holmes

8.00 Sherlock Holmes Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Sherlock Holmes: A Game of Shadows Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sleepers** Fact-based drama starring Kevin Bacon. (1996, 18, 146min) ★★★
3.05 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*. (2001, 15, 136min) ★★★
5.35 **to 7.15** AM **The Big Heat** Fritz Lang's classic gangster thriller. (1953, b/w, 15, 90min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
1.20 PM **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
3.25 **Oliver!** Oscar-winning musical with Mark Lester, Ron Moody, Oliver Reed and Jack Wild. (1968, U, 146min) ★★★★★
6.25 **Hidden Figures** Fact-based drama with Taraji P Henson. (2016, PG, 127min) ★★★★

9.00 65

Hidden Figures (film started at 6.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 65 Sci-fi adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.50 The Predator Sci-fi thriller starring Boyd Holbrook. A band of former soldiers and a scientist try to defeat a savage extra-terrestrial warrior. (2018, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

1.00 **to 3.15** AM **Seven Psychopaths** Dark comedy thriller starring Colin Farrell. (2012, 15, 106min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.10 AM **Peter Rabbit** Comedy. (2018, PG, 95min) ★★★
7.50 **Spider-Man: Into the...**
9.50 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
11.40 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
1.25 PM **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
3.30 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★
5.30 **Spider-Man: No Way Home** Comic-book adventure sequel. (2021, 12, 148min) ★★★★
8.00 **Spider-Man: Into the Spider-Verse** Animation featuring the voices of Shameik Moore and Nicolas Cage. (2018, PG, 117min) ★★★★★
10.00 **Superman** Fantasy adventure starring David Corenswet. (2025, 12, 129min) ★★★★
12.20 AM **Spider-Man** Fantasy adventure with Tobey Maguire. (2002, 12, 121min) ★★★★
2.35 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
4.35 **to 6.20** AM **Teenage Mutant Ninja Turtles** Adventure. (2014, 12, 101min) ★★

Sky Cinema Greats

307 307 404 504 518

7.30 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
9.35 **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
11.25 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
1.40 PM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
3.40 **Batman** Director Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★
5.50 **Batman Returns** Director Tim Burton's comic-book adventure starring Michael Keaton. (1992, 12, 121min) ★★★★
8.00 **Batman Forever** Adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey, Chris O'Donnell and Nicole Kidman. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Comic-book adventure starring George Clooney, Chris O'Donnell and Arnold Schwarzenegger. (1997, PG, 125min) ★★
12.10 AM **A Clockwork Orange** Stanley Kubrick's futuristic satire. (1971, 18, 136min) ★★★★
2.30 **The Saint** Big-screen spin-off. (1997, 12, 116min) ★★★
4.30 **to 6.20** AM **To Catch a Thief** Hitchcock comedy thriller. (1955, PG, 102min) ★★★★

Sky Cinema Animation

312 315 405 500 514

6.20 AM **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.55 **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
9.30 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
11.10 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
12.45 PM **Antz** Animated comedy. (1998, PG, 83min) ★★★
2.20 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
4.00 **The Secret Life of Pets 2** Animated adventure sequel. (2019, U, 86min) ★★★
5.40 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.25 **Dragon Rider** Animation featuring the voice of Felicity Jones. (2020, PG, 91min) ★★★
9.10 **Boonie Bears: Guardian Code** Animated family adventure. (2023, PG, 96min) ★★★
10.55 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
12.35 AM **Deep Sea** Animation. (2023, PG, 112min) ★★★
2.40 **The Sloth Lane** As 7.55am.
4.20 **to 6.00** AM **Rock Dog 2: Rock Around the Park** Animated sequel. (2021, U, 90min) ★★

Disney+ Cinema

305 305

6.00 AM **Pocahontas** As 4.25am.
7.30 **The Aristocats** Animation. (1970, U, 78min) ★★★★★
8.50 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
10.35 **Bedtime Stories** Fantasy. (2008, PG, 99min) ★★★
12.15 PM **Up** Animated comedy. (2009, U, 96min) ★★★★★
1.55 **Hannah Montana: The Movie** Teen musical. (2009, U) ★★★
3.40 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
5.15 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
7.35 **Inspector Gadget** Live-action adaptation of the cartoon series. (1999, U, 77min) ★★★
9.00 **Spy** Comedy adventure. (2015, 15, 115min) ★★★★
11.00 **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
12.40 AM **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★
2.25 **The Life Aquatic with Steve Zissou** Comedy adventure. (2004, 15, 119min) ★★★★
4.25 **Pocahontas** (1995, U) ★★★
5.45 **to 6.00** AM **Myth: A Frozen Tale**

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 8/24. (S2)
6.30 **The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★
8.45 **Look at Life**
8.55 **Cottage to Let** Comedy thriller. (1941, b/w, U, 90min) ★★★
10.40 **The Dark Man** Crime thriller. (1950, b/w, U, 91min) ★★★
12.20 PM **The Adventures of Sir Lancelot** 3/30. (S1)
12.50 **Look at Life**
1.05 **That Woman Opposite** Mystery. (1957, b/w, PG, 85min) ★★★
2.50 **Look at Life**
3.00 **Crown Court** Triple bill.
4.30 **Clint Eastwood: Last Legend**
5.35 **Dixon of Dock Green** (S5)
6.20 **Strange But True**
6.55 **The Brothers** 4/13. (S2)
8.00 **Mark Saber** 38/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.10 **Suspect** Courtroom thriller with Cher, Dennis Quaid and Liam Neeson. (1987, 15, 121min) ★★★
11.35 **Let No Man Write My Epitaph** Drama. (1961, b/w, 18) ★★★
1.45 AM **Doomwatch** 7/13. (S1)
2.45 **Captive** Sci-fi action thriller. (1980, PG, 90min) ★★
4.35 **A Lifetime Ago with The Baim Collection**
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport 2 April

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 **LIVE IPL Kolkata Knight Riders v Sunrisers Hyderabad.** Coverage of the T20 match from Eden Gardens, Kolkata. Both sides will be looking to improve on their finishes last year, with the hosts ending up in eighth place and their visitors finishing a couple of places further up the table in sixth.
7.00 **LIVE Premier League Darts** Coverage of the ninth night of the tournament from AO Arena in Manchester, with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 **LIVE PGA Tour Golf** Coverage of day one of the Valero Texas Open from TPC San Antonio.
12.00 M'T **LIVE Ladies European Tour Golf** Coverage of day one of the Aramco Championship USA from Shadow Creek Golf Course in Las Vegas, Nevada.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Icons**
9.00 **Transfer 360** Double bill.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Bolton Wanderers v Chelsea from 2004/05.
4.00 **Transfer 360** The inside story of Nemanja Vidic's move to Manchester United.
4.30 The story of Sol Campbell's move from Spurs to Arsenal.
5.00 **The Premier League Show**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox** Gary Neville is joined by fellow Premier League legend Roy Keane.
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Transfer 360** Double bill.
11.00 **Premier League Years** Memorable moments from the 2005/06 season.
1.00 AM **PL Retro** Bolton Wanderers v Chelsea from 2004/05.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** Play-off finals.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Recent action.
1.30 **EFL Highlights**
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **EFL Highlights**
4.00 **Scottish Women's Cup**
4.30 **WSL** Chelsea v Aston Villa.
5.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League Two Goals**
7.30 **LIVE EFL Cambridge United v Swindon Town.** Coverage of the League Two match from Cledara Abbey Stadium. Kick-off **8.00pm**.
10.30 **Scottish Women's Cup**
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **Dundee United – Champions 83**
12.30 AM **Best Scottish Premiership Goals 2022/23**
1.00 **Best Scottish Premiership Goals 2021/22**
1.30 **SPFL Highlights**
2.00 **SPFL Greatest Games**
3.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent highlights.
11.15 **Best of ICC WT20**
12.00 NOON **IPL** Recent highlights.
2.50 PM **LIVE IPL Kolkata Knight Riders v Sunrisers Hyderabad.** Coverage of the T20 match from Eden Gardens, Kolkata. Both sides will be looking to improve on their finishes last year, with the hosts ending up in eighth place and their visitors finishing a couple of places further up the table in sixth.
7.00 **Best of ICC WT20** Action from England v India from 2007.
7.15 Action from England v Sri Lanka from 2014.
7.30 Action from memorable matches in past tournaments.
8.00 **IPL** Action from Lucknow Super Giants v Delhi Capitals.
9.00 Action from Kolkata Knight Riders v Sunrisers Hyderabad.
10.00 Action from Lucknow Super Giants v Delhi Capitals.
11.00 Action from Kolkata Knight Riders v Sunrisers Hyderabad.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** A replay of Kolkata Knight Riders v Sunrisers Hyderabad.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
7.00 **DP World Tour Golf**
7.30 **PGA Tour: The Cut**
8.00 **Women's Golf**
10.00 **PGA Tour Champions Learning Centre** Golf hints and tips.
10.30 **How the 2016 Masters Was Won** Archive action.
12.30 PM **Trey's Tips** Golf advice.
12.45 **Scotland's Greatest Holes**
1.15 **LIVE PGA Tour Golf** The early stages of day one of the Valero Texas Open at TPC San Antonio.
6.30 **LIVE Women's Golf** Coverage of day two of the Augusta National Women's Amateur from Champions Retreat Golf Club in Georgia.
8.30 **LIVE PGA Tour Golf** Further coverage of day one of the Valero Texas Open at TPC San Antonio.
12.00 M'T **LIVE Ladies European Tour Golf** Day one of the Aramco Championship USA at Shadow Creek Golf Course in Las Vegas.
3.00 AM **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **Discovery Golf**
6.30 **Fishing: On the Bank**
7.30 **World Superbike Highlights**
8.30 **MotoGP Highlights**
9.30 **LIVE AFL Brisbane Lions v Collingwood Magpies.** Bounce-up **9.30am**.
12.30 PM **Premier League Stories**
1.00 **The Cycling Show**
1.30 **UEFA Champions League**
2.30 **The Gruppetto**
2.45 **The Gallagher PREM: The Wrap Up** Recent action.
3.00 **World Superbike Highlights**
4.00 **LIVE Men's Curling World Championship USA v Italy.** From Ogden, Utah.
7.00 **LIVE MLB Kansas City Royals v Minnesota Twins.** Coverage from Kauffman Stadium. Start-time **7.10pm**.
10.00 **MLB Classic** Archive action.
10.30 **Discovery Golf**
11.00 **AFL** Recent highlights.
12.30 AM **World Superbike Highlights**
1.30 **MLB Highlights**
2.30 **LIVE MLB San Francisco Giants v New York Mets.** Start-time **2.45am**.
5.30 **World Superbike Rewind**
5.45 **to 6.00** AM **MotoGP Rewind**

TNT Sports 2

411 414 522 409 431

6.00 AM **Ultimate Pool**
7.30 **UEFA Champions League**
9.00 **Ninja A-League Women Highlights** Recent action.
9.30 **LIVE Isuzu UTE A-League Macarthur Bulls v Newcastle Jets.** Coverage of the top-flight match from Campbelltown Sports Stadium in Leumeah, Sydney. Kick-off **9.35am**.
11.30 **TNT Sports Reload**
12.00 NOON **Fishing: On the Bank**
1.00 PM **MLB Highlights**
2.00 **Ultimate Pool**
3.30 **Women's One-Day International Cricket**
4.30 **Isuzu UTE A-League**
6.30 **Premier League: Big Interview**
7.00 **AFL** A chance to see Brisbane Lions v Collingwood Magpies.
8.30 **World Superbike Highlights**
9.30 **MotoGP Highlights**
10.30 **Isuzu UTE A-League**
12.30 AM **Australian Open**
3.30 **AFL** A chance to see Brisbane Lions v Collingwood Magpies.
5.00 **to 8.00** AM **LIVE AFL North Melbourne Kangaroos v Carlton Blues.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **5.15am**.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights** Las Vegas Raiders v Dallas Cowboys.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Philadelphia Eagles v Detroit Lions.
4.00 **Super League Highlights** Action from Hull FC v Hull Kingston Rovers from 2024.
4.15 Hull Kingston Rovers v Warrington Wolves from 2024.
4.30 Action from St Helens v Warrington Wolves from 2024.
4.45 Hull Kingston Rovers v Catalans Dragons from 2024.
5.00 **NBC's Pro-Football Talk**
7.00 **LIVE Premier League Darts** Coverage of the ninth night of the tournament from AO Arena in Manchester, with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **Super League Highlights**
2.00 **Super League**
4.45 **NFL Bitesize Highlights**
5.00 **Super Bowl LX Bitesize Highlights** Recent action.
5.15 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
11.00 **LIVE ATP Tennis** Coverage from the fourth day of the ATP Bucharest and ATP Marrakech Opens, both of which are clay-court tournaments held at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech, Morocco respectively.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.
7.35 **LIVE EFL Wigan Athletic v Leyton Orient.** Coverage of the League One match from Brick Community Stadium. Kick-off **7.45pm**.
9.45 **LIVE WTA & ATP Tennis** Further coverage from the latest tour events, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.
4.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Miami Open.
7.00 **WTA & ATP Tennis**
11.00 **LIVE ATP Tennis** Coverage from the fourth day of the ATP Bucharest and ATP Marrakech Opens, both of which are clay-court tournaments held at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech, Morocco respectively.
4.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open, and WTA Bogota Open.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Premier League Darts** Night eight from Berlin.
10.00 **TGL** Recent highlights.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **PGA Tour Champions**
5.00 **ATP Tennis** The Miami Open.
6.00 **WTA Tennis** The Miami Open.
7.00 **PGA Tour Golf** Houston Open.
8.00 **PGA Tour Champions** Highlights from the Hoag Classic held at Newport Beach Country Club.
9.00 **Indycar** The Children's of Alabama Indy Grand Prix.
10.00 **IPL** Action from Lucknow Super Giants v Delhi Capitals.
11.00 **LIVE Ladies European Tour Golf** Coverage of day one of the Aramco Championship USA staged at Shadow Creek Golf Course in Las Vegas, Nevada.
3.00 AM **TGL** Recent highlights.
4.45 **My Icon** Darren Campbell.
5.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **ABB FIA Formula E World Championship Highlights**
8.00 **Women's One-Day International Cricket**
9.00 **Cycling** Across Flanders.
11.00 **LIVE Isuzu UTE A-League Brisbane Roar v Sydney FC.** Coverage of the Australian top-flight match from Suncorp Stadium in Brisbane. Kick-off **11.00am**.
1.00 PM **LIV Golf** Reviews.
4.00 **ABB FIA Formula E World Championship Highlights**
5.00 **Cycling** Across Flanders.
7.00 **The Cycling Show**
7.30 **Fishing: On the Bank**
8.30 **Premier League Stories**
9.00 **Premier League Legends**
9.30 **The Muddy Roots of Football**
10.00 **TNT Sports Reload**
10.30 **The Gallagher PREM**
3.30 AM **The Gallagher PREM – The Wrap Up** Recent action.
3.45 **MotoGP Rewind**
4.00 **to 6.00** AM **Isuzu UTE A-League**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Emirates FA Cup**
12.00 NOON **The Emirates FA Cup** Action from Liverpool v Brighton & Hove Albion.
1.00 PM Action from Birmingham City v Leeds United.
2.00 Action from Grimsby Town v Wolverhampton Wanderers.
3.00 A look back at action from Arsenal v Wigan Athletic.
4.00 A look back at action from Macclesfield FC v Brentford.
5.00 **TNT Sports Reload** The best bits from TNT Sports.
5.30 **UEFA Champions League** Back-to-back highlights.
9.00 **Discovery Golf** The latest news from the world of golf.
9.30 **Ultimate Pool** Action from Group Two of the Pairs Cup.
11.00 **Women's One-Day International Cricket** New Zealand v South Africa.
12.00 M'T **to 6.00** AM **Adobe Women's FA Cup**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
7.00 **LaLiga** Villarreal v Real Sociedad.
9.00 **Sporting Greats**
9.30 **LaLiga** Recent action.
11.30 **URC in 60** Highlights.
12.30 PM **Top 14 Rugby Union Highlights** Recent action.
1.00 **NASCAR Highlights**
2.00 **NHL on the Fly**
2.30 **F1H2O World Championships**
3.00 **Eredivisie Highlights**
4.00 **Champions Cup Highlights**
5.00 **Top 14 Rugby Union Highlights**
5.30 **LaLiga** Recent action.
7.30 **URC in 60** Highlights.
8.30 **World of FreeSports**
9.00 **Champions Cup Highlights**
10.00 **Eredivisie Highlights**
11.00 **NASCAR Highlights**
12.00 M'T **NHL Ice Hockey**
2.00 AM **LIVE NHL Ice Hockey Edmonton Oilers v Chicago Blackhawks.** Face-off **2.00am**.
5.00 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **United Rugby Championship**
10.00 **NHL Ice Hockey** Colorado Avalanche v Vancouver Canucks.
12.00 NOON **Temples of Sport**
12.30 PM **United Rugby Championship** Sharks v Cardiff.
2.30 **United Rugby Championship**
4.30 **Top 14 Rugby Union**
6.30 **Temples of Sport** Iconic sporting venues from around the globe.
7.00 **NASCAR O'Reilly Series** Action from Martinsville Speedway.
10.00 **NHL Ice Hockey** Colorado Avalanche v Vancouver Canucks.
12.00 M'T **LIVE NHL Ice Hockey Tampa Bay Lightning v Pittsburgh Penguins.** Coverage of the Eastern Conference match from Benchmark International Arena. Face-off **12.00m't**.
3.00 AM **Football's Greatest**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ted's Notebook**
12.45 **Lando Norris IV**
1.00 **Indycar** The Children's of Alabama Indy Grand Prix.
2.00 **Formula 1** Australian Grand Prix.
4.05 **F1 Features**
4.25 **Formula 1** Chinese Grand Prix.
6.45 **Ted's Notebook**
7.15 **Formula 1** The Japanese Grand Prix held at Suzuka Circuit.
9.30 **Ted's Notebook**
10.00 **Formula 1** Australian Grand Prix.
11.00 Chinese Grand Prix.
12.00 M'T Japanese Grand Prix.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Good Friday

3 April

Planner

Friday

Horror

Final Destination: Bloodlines

Sky Premiere, 8.10am & 8pm

Death is calling for the family of a college student, in this supernatural horror.

Rugby Union

Champions Cup

Premier Sports 2, k-o 8pm

The round-of-16 begins tonight with Northampton Saints taking on Castres at the cinch Stadium at Franklin's Gardens.

Comedy

The Young Offenders

BBC1, 9.30pm (box set, BBC iPlayer)

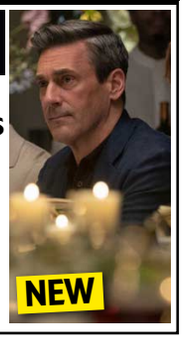
As the comedy returns, Conor and Jack are reunited after Conor escapes Columbia and returns to Ireland...

OnDemand

Your Friends & Neighbours

Available today

Coop's (Jon Hamm) secret could be revealed after the arrival of a new neighbour (James Marsden).



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Extraordinary...	8.00 Beyond Paradise		9.00 Have I Got...	9.30 The Young...	10.00 News	10.30 The Claudia...
	102 BBC2	7.00 Great British Menu		8.00 Gardeners' World		9.00 Big Cats 24/7		10.00 Film: The Wolf of Wall Street	
	103 ITV1	‹ 6.30 The Chase... †	7.30 Emmerdale	8.00 Coronation...	8.30 Vera				10.30 News
	104 CHANNEL 4	7.00 News	7.30 Kirstie and...	8.00 Inside Cadbury: Chocolate Secrets...		9.00 Gogglebox		10.00 The Last Leg	
	105 5	‹ 6.45 Snooker: Tour Championship – Live: The second session of the first semi-final						10.00 Are You Being Served?: Secrets &...	
	106 SKY ONE	‹ 6.45 Film: Raiders of the Lost Ark				9.00 Rob Beckett: Giraffe			
ENTERTAINMENT	115 BBC3	7.00 Deadly 60	7.30 Film: The Mask			9.00 Death in Paradise		10.00 Stacey Dooley: Blood, Sweat and...	
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1981	8.40 TOTP: 1987	9.10 The Cure at the BBC		10.10 The Cure: Radio 2 in Concert	
	118 ITV2	7.00 Wheel of Fortune		8.00 The 1% Club		9.00 Film: Spectre			
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Blanca			
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 The Inbetweeners			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 A Knight of the Seven Kingdoms				9.00 DTF St Louis		10.00 The Last of Us	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.20 Mrs Brown's Boys
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Frankie Boyle's 2017 New World Order	
	119 ITV3	‹ 6.10 Film: Carry On Matron		8.00 Doc Martin				10.00 Midsomer Murders	
	120 ITV4	7.00 Aussie Pickers		8.05 Film: Smokey and the Bandit				10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans Live: The Different Planet Tour			10.30 Whose Line...
	145 SKY SCI-FI	7.00 Film: Stargate Origins: Catherine				9.00 Film: Anti-Life			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Happy Valley			10.20 New Tricks
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 CSI: Vegas		10.00 Death in Paradise	
	122 SKY ARTS		7.20 Electric Light Orchestra: Live – Early...		8.20 Paul McCartney and Wings: One Hand Clapping			9.50 Dire Straits: On the Night	
	132 U&W	7.00 The Supervet: Noel Fitzpatrick		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition X		10.00 Curse of the Bermuda Triangle	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 My Extreme Animal Phobia		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Legend of the Giant Squid		8.00 Film: Ocean with David Attenborough			9.40 Titanic: 25 Years Later with James...		10.40 Air...
	123 SKY HISTORY	7.00 Lost Grail with Alice Roberts						10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Mediterranean with Simon Reeve		8.00 'Allo 'Allo!	8.40 Porridge			10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 I Am Johnny Cash				9.00 Blur: To the End			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.05 One Battle After Another		8.00 Final Destination: Bloodlines				10.00 Superman	
	302 ADVENTURE	‹ 5.50 Spider-Man 2		8.00 Superman					10.20 Spider-Man 3
	303 BOX SET	7.00 The Hobbit: The Desolation of Smaug					9.45 The Hobbit: The Battle of the Five Armies		
	307 GREATS	‹ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Indiana Jones and the Last Crusade	
	312 ANIMATION	‹ 5.50 The Angry Birds...	7.35 10 Lives			9.15 The Bad Guys 2			
	304 FAMILY	‹ 6.00 The Emoji Movie	7.40 Trolls			9.25 The Golden Compass			
	306 ACTION	‹ 5.40 Fast & Furious 7		8.00 Fast & Furious 8					10.20 Fast & Furious...
	308 COMEDY	‹ 6.00 The 40-Year-Old Virgin		8.00 Two Weeks Notice			9.45 Little Fockers		
	309 THRILLER	‹ 5.45 Sherlock Holmes: A Game of...		8.00 Captain Phillips				10.15 Pulp Fiction	
	310 DRAMA	‹ 5.45 Valentine's Day		8.00 It Ends with Us				10.15 Darkest Hour	
	311 SCI-FI	‹ 5.50 InnerSpace		8.00 M3GAN 2.0				10.15 28 Days Later...	
	313 FILM4	‹ 6.20 A Few Good Men				9.00 The Green Mile			
SPORT	401 MAIN EVENT	7.00 The Gloves Are...	7.30 EFL – Live: Coventry City v Derby County (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 The Big Interview	8.00 Premier League 360 – Big Sam's Bolton				10.00 A Farewell to Txiki	
	403 FOOTBALL	7.00 Bundesliga...	7.30 EFL – Live: Coventry City v Derby County (Kick-off 8.00)						10.30 EFL Highlights
	405 CRICKET	7.00 Best of ICC WT20		8.00 IPL					
	410 TNT SPORTS 1	7.00 Inside Serie A	7.30 Men's Cycling World Tour		8.30 Women's Cycling World Tour		9.30 Cycling Show	10.00 Men's Curling World Championship	
	411 TNT SPORTS 2	7.00 MLB – Live: Boston Red Sox v San Diego Padres (Start-time 7.10)						10.00 UEFA Magazine	10.30 Cricket – Live

‹ Denotes programmes starting before 7.00pm † Regions vary

GOOD FRIDAY

Good Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Farm 999** New edition Wildfires in the Mourne Mountains threaten grazing land and livestock. (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Celebrity Homes Under the Hammer** With *The Traitors* star Frankie Rowan-Plowden. (S)(R)(AD)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.10 **Local News** (S)
1.20 **Garden Rescue** (S)(R)(AD)
1.45 **Celebrity Escape to the Country** With Ian 'H' Watkins. (S)(R)
2.30 FILM **The Sound of Music** The hit Rodgers and Hammerstein musical starring Julie Andrews and Christopher Plummer. (S)(AD) (1965, U, 165min) ★★★★★
5.15 **Pointless** New edition Quiz. (S)

7.30 Extraordinary Portraits

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Just One Thing** (S)(R)(AD)
7.00 **Celebrity Homes Under the Hammer** Featuring Martel and Nitro from *Gladiators*. (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
10.15 **Lifeline** (S)(R)(AD)
10.25 FILM **King of Kings** Drama about the life of Jesus Christ, narrated by Orson Welles and starring Jeffrey Hunter. (S) (1961, U, 155min) ★★★
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz show. (S)(R)
2.30 **Coast** How the *Great Eastern* conquered the Atlantic. (S)(R)
2.55 FILM **Funeral in Berlin** Spy thriller sequel starring Michael Caine. (S) (1966, PG, 95min) ★★★
4.30 **Vintage Antiques Roadshow** From Eston in Cleveland. (S)(R)
5.15 **Flog It!** From Blackburn. (S)(R)

9.00 Big Cats 24/7

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.00 NOON **LIVE Football: EFL** Middlesbrough v Millwall: Hugh Woozencroft presents coverage of the Championship match from the Riverside Stadium. Both teams are in contention for automatic promotion to the Premier League, and Middlesbrough claimed an impressive 3-0 win in the reverse fixture. Kick-off is at 12.30. (S)
2.50 PM **ITV News** (S)
2.55 **Local News** (S)
3.05 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.05 **Deal or No Deal** Stephen Mulhern hosts as another contestant takes on the infamous Banker. (S)(R)
5.05 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)

8.00 Coronation Street

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **Cheers** 19-21/22. (S1) (S)(R)
7.55 **Everybody Loves Raymond** (S)(R)
9.20 **Frasier** 5&6/24. (S8) (S)(R)(AD)
10.20 FILM **Tooth Fairy** Fantasy family comedy starring Dwayne Johnson and Ashley Judd. (S)(AD) (2010, PG, 120min) ★★★
12.20 PM FILM **Stormbreaker** Teen spy adventure starring Alex Pettyfer, Mickey Rourke and Bill Nighy. (S)(AD) (2006, PG, 110min) ★★★
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition After a feisty week in Kent, Payment Day arrives and the B&Bers have some gripes to get off their chest. (S)
5.30 **Come Dine with Me** New edition Property developer Ambrose hosts the final night in Sheffield. (S)

9.00 Gogglebox

6 PM

6.00 **BBC News** (S)
6.20 **Local News** (S)
6.30 **The Marvellous Miniature Workshop** Abi Trotman recreates a miniature version of a 1980s east London classroom. (S)(R)

6.00 **Richard Osman's House of Games** With Ahir Shah, Vogue Williams and Michaela Strachan. (S)(R)
6.30 NEW SERIES **Beechgrove Garden** Horticultural tips and advice. (S)

6.05 **Local News** (S)
6.15 **ITV News** (S)
6.30 **The Chase Celebrity Special** Raj Bisram, Danielle Harold, John Conteh and Roger Black answer general knowledge questions and work as a team to take on a Chaser and secure a charity prize. (S)(R)

6.00 **Jasmine Harman's Renovation in the Sun** Jasmine and her father Peter continue working on the children's bedrooms, while work is completed on the family bathroom. (S)(R)

7 PM

7.00 **The One Show** JB Gill and Angellica Bell present the topical show. (S)
7.30 **Extraordinary Portraits with Bill Bailey** New edition 2/6. Caroline Pool paints the 'Iron Gran'. (S)(AD)

7.00 **Great British Menu** New edition It's judging day, and only one chef can progress to represent Northern Ireland. Award-winning Belfast director Lisa Barros D'Sa helps to decide the winner. (S)(AD)

7.30 **Emmerdale** Paddy goes into a downward spiral, while Marlon has an idea and makes a discovery. (S)(AD)

7.00 **News** (S)
7.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look at the best ways to utilise space. (S)(R)(AD)

8 PM

8.00 **Beyond Paradise** New episode 2/6. A couple are targeted by a burglar who repeatedly sneaks back in to clean up without a trace, and Humphrey must uncover who is out for revenge. (S4) (S)(AD)

8.00 **Gardeners' World** New edition With a long Easter weekend to look forward to, Monty Don is on hand with practical gardening advice and inspiration, including how to get potatoes in the ground. (S)

8.00 **Coronation Street** Maggie's slip of the tongue arouses Ben's suspicions, and George nervously awaits the verdict in court. (S)(AD)
8.30 **Vera** *The Dark Wives:* The final episode of the long-running detective drama starring Brenda Blethyn. A student is killed and dumped at the foot of three monoliths and a missing teenager sets Vera on an investigation that triggers memories from her own childhood. (S)(R)(AD)

8.00 **Inside Cadbury: Chocolate Secrets Unwrapped** Documentary examining one of Britain's biggest and best-loved chocolate makers as scientists attempt to reduce sugar in their Dairy Milk recipe. (S)(R)

9 PM

9.00 NEW SERIES **Have I Got News for You** 1/10. Roy Wood Jr hosts. (S)
9.30 NEW SERIES **The Young Offenders** 1/6. Comedy. *See feature, page 12.* (S5) (S)(AD)
■ Entire series on BBC iPlayer

9.00 **Big Cats 24/7** New edition 5/6. Tragedy strikes cheetah mum Pobe, while a group of young Xudum lionesses surprise the crew with newborn cubs. (S) (AD)
■ Entire series on BBC iPlayer

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.20 **Local News** (S)
10.30 **The Claudia Winkleman Show** New edition 4/6. The host is joined by actors James McAvoy and Gugu Mbatha-Raw, actor and singer Rita Wilson and comedian Russell Howard. (S)
11.15 FILM **Wedding Crashers** Romantic comedy starring Vince Vaughn and Owen Wilson as a pair of scheming lawyers who spend their lives gatecrashing weddings. With Rachel McAdams, Isla Fisher and Christopher Walken. (S) (2005, 15, 110min) ★★★★
1.05 AM **Weather for the Week Ahead**
1.10 **to 6.00** AM **BBC News** (S)

10.00 FILM **The Wolf of Wall Street** Martin Scorsese's fact-based drama starring Leonardo DiCaprio and Jonah Hill. A New York stockbroker lives a life of debauchery as he gets rich through illegal trading. (S)(AD) (2013, 18, 170min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Sign Zone: Panorama: Dangerous Dogs – Is the Ban Working?** Sam Poling presents an update on the Government ban on XL Bully dogs. (S)(R)
1.20 **Sign Zone: Great British Menu** As shown at 7.00pm. (S)(R)(AD)
2.20 **Sign Zone: Big Cats 24/7** As shown at 9.00pm. (S)(R)(AD)
3.20 **Sign Zone: Global Eye** (S)(R)
3.50 **to 6.00** AM **Previews** (S)

10.30 **ITV News** (S)
10.45 FILM **RED 2** Action comedy sequel starring Bruce Willis, John Malkovich, Mary-Louise Parker and Helen Mirren. A bunch of retired spies try to track down a deadly weapon. With Anthony Hopkins and Catherine Zeta-Jones. (S) (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **For the Love of Dogs with Alison Hammond** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S) (AD)
5.05 **to 6.00** AM **Tom Kerridge Cooks Spain** (S)(SL)(R)(AD)

10.30 **Four in a Bed** Five editions. (S)(R)
5.55 **to 6.10** AM **Kirstie's House of Craft**

+1 hour | 203 | 303 | 35 | 112 | 251

+1 hour | 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.30 PM **LIVE Snooker: Tour Championship** Coverage of the opening session of the first semi-final on day five from Manchester Central, where eight frames are scheduled to be played. John Higgins and Barry Hawkins were tied at 4-4 at the end of last year's corresponding session, with Hawkins making a 140 total clearance in the eighth frame. *Continues at 6.45pm.* (S)
5.00 **News** (S)
5.05 **Cadbury at Easter: Secrets of the Chocolate Factory** Documentary looking behind the scenes of Cadbury. (S)(R)

6.45 Snooker

6.05 **Cash in the Attic** (S)(R)
6.30 **Bargain-Loving Brits in the Sun** Wayne photographs a fundraising calendar. (S)(R)
6.45 **LIVE Snooker: Tour Championship** Katie Shanahan presents coverage of the second session of the first semi-final on day five from Manchester Central, where the first player to reach 10 frames advances to the showpiece match. It was John Higgins who progressed at this stage last year, recording the highest break of the 2025 tournament with a 144 clearance in frame 12. He also added two further centuries en route to securing a 10-7 victory, and went on to secure the title by defeating Mark Selby 10-8 in the final. Analysis and commentary from Stephen Hendry, John Higgins, Alan McManus and Matthew Stevens. (S)
10.00 **Are You Being Served? Secrets & Scandals** Behind the scenes of the sitcom, revealing how the show's creators had to fight the BBC throughout its run to keep it on air. (S)(R)
11.05 **Piers Morgan: Uncensored** New edition Opinion-led news and debate show. (S)
12.35 AM **Car Pound Cops** (S)(R)
1.05 **Trucking Hell** (S)(R)
1.25 **Entertainment News** (S)
1.30 **Teleshopping** (S)(R)
2.30 **A&E After Dark** (S)(R)
4.10 **Friends** 20/24. (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Miffy and Friends** (S)(R)
6.30 **Monkey Life** (S)(R)
7.00 **The 80s: Cinema's Greatest Decade** Stand-out films. (S)(R)
8.00 **The 00s: Cinema's Greatest Decade** Examining the merits of films from the 2000s. (S)(R)
9.00 **The Simpsons** (S)(R)
11.00 **Great Barrier Reef with David Attenborough** Triple bill. (S)(R)
2.00 PM **Gillette Labs Soccer Special** Reports on today's football across the country.
5.30 **The Simpsons** *Bart's Friend Falls in Love:* Milhouse falls in love with a new girl at school. (S)(R)
5.55 *She Used to Be My Girl:* Marge is left feeling jealous and dejected by an encounter with old school friend. Featuring the voice of Kim Cattrall. (S)(R)

10.45 Queen: Live at Wembley...

6.20 **The Simpsons** *Fat Man and Little Boy:* Bart creates a range of novelty T-shirts. (S)(R)
6.45 **FILM Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford. Returning from a hair-raising adventure in the jungles of South America in 1936, buccaneering archaeologist Indiana Jones learns that Nazi treasure hunters in Egypt are hot on the trail of the lost Ark of the Covenant. With Karen Allen and John Rhys-Davies. (S) (1981, PG, 135min) ★★★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 **NEW Rob Beckett: Giraffe** A stand-up show by the comedian at the London Palladium recorded at the end of his global tour, which started in November 2024.
10.45 **Queen: Live at Wembley Stadium** A 1986 concert featuring the band's renditions of classic hits, including *Bohemian Rhapsody, I Want to Break Free* and *Radio Ga Ga*. (S)(R)
1.00 AM **Intelligence** 5/6. Jerry makes a confession that devastates Joseph and leads to him questioning their entire friendship. (S1) (S)(R)(AD)
1.30 **Grimm** 7/22. Nick and Hank investigate a murder, which leads them to a dangerously unstable fugitive on the run with his daughter. (S2) (S)(R)
2.30 **The Force: North East** (S)(R)
4.30 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
6.30-7.00pm Landward (S)(R) **11.15** A View from the Terrace (S)(R) **12.00m't** **FILM** Wedding Crashers (S) (2005, 15, 110min) ★★★★ **1.50am** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
1.20pm Gareth Malone's Easter Passion New edition **2.20-2.30** Best of Weatherman Walking (S) (R) **6.30-7.00** **NEW** 21st Century TV with Lucy Owen (S) **7.30-8.00pm** Flaming Feasts New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
6.30pm Fletchers' Family Farm (S)(R)(AD) **7.00-7.30pm** Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Sain Ffagan (AD) **12.30pm** Heno **1.00** Y Byd ar Bedwar – Diwedd y Goron **1.30** Cegin Bryn: Y Dosbarth Meistr **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sgwrs Dan y Lloer **6.30** Y Deis **6.57** Newyddion **7.00** Heno New edition **7.45** Newyddion a'r Tywydd **8.00** Rownd a Rownd New episodes (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Llais **10.30-11.35pm** Eryri: Pobol y Parc

TV&Satellite Week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly 60** Deadly animals in Ethiopia.
7.30 **FILM The Mask** Fantasy comedy starring Jim Carrey as a meek bank clerk who is transformed into a green-faced superhero when he puts on a bewitched mask. With Cameron Diaz. (1994, PG, 101 min) ★★★★
9.00 **Death in Paradise** *Going Round in Circles:* 1/8. Commissioner Patterson is targeted by an assassin. (S13)
10.00 **Stacey Dooley: Blood, Sweat and T-Shirts** 3/4. The six youngsters experience the challenge of the cotton harvest.
11.00 **Stacey Dooley: Blood, Sweat and T-Shirts** 4/4. The teenagers experience the slums of Mumbai.
12.00 M'T **The Trials of Pa Salieu** The British-Gambian musician tries to rebuild his career after prison.
12.45 AM **Top Gear** With Eric Bana.
1.45 **Murdered by My Father**
3.00 **to 4.00** AM **Stacey Dooley: Blood, Sweat and T-Shirts**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw breathe new life into a Porsche 911 Targa. **5.50** Fuzz and Tim head to Somerset to restore a Jeep Grand Cherokee.
6.50 **Location, Location, Location** A ballet dancer and his brother explore properties in London.
7.55 **Kirstie and Phil's Love It or List It** Phil Spencer catches up with Kathleen and Tom who chose to renovate their three-bedroom Victorian terrace in Gosforth, Newcastle.
9.00 **Blanca** New episode *I Dance Alone:* 3/6. Marinella's son has gone missing and she is convinced that he has been abducted. Blanca notices a detail in a voice message that seems to confirm her fears. Subtitled. (S1)
11.15 **24 Hours in A&E** A couple arrive in resus with their baby daughter, who has a high fever and is unresponsive.
12.15 AM **24 Hours in A&E**
1.20 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Music from Blur, Melanie G, Shania Twain, Semisonic and Atb. **7.30** Performances by Semisonic, Gary Barlow and Beverley Knight.
8.00 **TOTP: 1981** Featuring Stiff Little Fingers, Sugar Minott, Spandau Ballet, Shakin' Stevens and Stevie Wonder.
8.40 **TOTP: 1987** Music from Madonna, Curiosity Killed the Cat, Fine Young Cannibals and Whitesnake.
9.10 **The Cure at the BBC** A collection of archive performances by the band, featuring *A Forest, Close to Me* and *Friday I'm In Love*.
10.10 **The Cure: Radio 2 in Concert** The band perform at the BBC Radio Theatre in London's Broadcasting House.
11.30 **NEW 6 Music Festival** Highlights of the festival, featuring Bloc Party, Jacob Alon and Kelly Lee Owens.
12.30 AM **The Cure at the BBC**
1.30 **TOTP: 1999** Double bill.
2.30 **TOTP: 1981** As 8.00pm.
3.10 **to 3.40** AM **TOTP: 1987**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **The Simpsons**
11.30 **First Dates**
12.30 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.30 **The Simpsons** Triple bill of the animated comedy.
5.00 **Dance Moms: A New Era** New edition The girls tackle a glammed-up group dance.
6.00 **The Simpsons**
8.00 **First Dates** A woman who loves swimming with sharks meets a man with a phobia of butterflies.
9.00 **The Inbetweeners** 3/6. A trip to a theme park does not go to plan. **9.35** 4/6. Will starts going out with a popular girl. **10.05** 5/6. The lads visit a Caravan Club meeting. **10.35** 6/6. Will organises the Christmas prom. (S1)
11.05 **FILM The Inbetweeners 2** Comedy sequel with Simon Bird. (2014, 15, 92min) ★★
1.05 AM **Naked Attraction**
2.05 **Gogglebox**
3.00 **First Dates: The Proposal**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

primetime

primetime

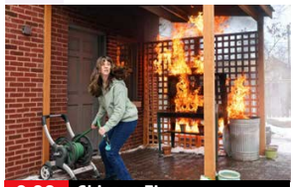
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.30 **Caught Red Handed**
9.00 **Caught on Dashcam**
12.00 NOON **FBI** 18/22. After two women are murdered with napalm, Maggie and OA are led to a dating site. (S7)
1.00 PM **The Rookie** 11/22. A criminal helps the team.
2.00 12/22. A severed hand is washed up on the beach. (S4)
3.00 **Law & Order: Criminal Intent** 19/21. Mobsters try to murder their way to the top. (S3)
4.00 **Nothing to Declare**



9.00 Chicago Fire

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **The Trip** 1-6/6. (S1)
10.45 **Under Salt Marsh** 1-6/6. (S1)
4.45 PM **A Knight of the Seven Kingdoms** 1/6. Ser Duncan the Tall meets a young boy who offers to be his squire.
5.30 2/6. Dunk appeals to various lords to gain entrance into the tournament.
6.10 3/6. Dunk teaches his Egg an important skill.
6.50 4/6. Ser Duncan the Tall exercises his right to request a trial by combat. (S1)

8.20 A Knight of the Seven...

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **Billie and Greg: Family Diaries**
9.00 **Celebrity Dinner Date**
10.00 **FILM Stuart Little** Adventure. (1999, U, 84min) ★★★★★
11.45 **Supermarket Sweep**
12.45 PM **Wheel of Fortune**
1.45 **FILM Madagascar: Escape 2 Africa** Animated sequel. (2008, PG, 89min) ★★★
3.30 **Ice Age: Great Egg-Scapade**
4.05 **FILM Hop** Animated comedy. (2011, U, 94min) ★★★
6.00 **Celebrity Catchphrase**

9.00 Spectre

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Bless This House**
8.45 **George and Mildred**
9.20 **FILM Steptoe & Son Ride Again** (1973, PG) ★★★
11.20 **FILM Carry On Don't Lose Your Head** Costume comedy. (1966, PG, 90min) ★★★
1.05 PM **FILM Carry On Girls** Comedy. (1973, PG) ★★
2.45 **FILM Carry On Dick** Comedy. (1974, PG, 86min) ★★★
4.30 **FILM Carry On Abroad** Comedy. (1972, PG) ★★

8.00 Doc Martin

ITV4

120 124 118 26 117 21

6.00 AM **Nijinsky's Triple Crown**
6.05 **The Big Match Revisited**
7.50 **Magnum, PI**
8.55 **Kojak**
9.55 **Boon**
11.05 **The Sweeney**
12.10 PM **BattleBots**
1.15 **LIVE Racing** Coverage from Newcastle and Lingfield Park.
5.00 **Great Racehorses**
5.25 **River Monsters** The rivers of India's Himalayan region.
5.55 **Minder** *The Balance of Power:* Arthur enters the cut-and-thrust world of local politics.

8.05 Smokey and the Bandit

7 PM

7.00 Police 24/7 A double homicide at a hotel leaves officers looking for a suspect on the loose.

7.35 A Knight of the Seven Kingdoms *In the Name of the Mother:* 5/6. Dunk's mettle is put to the test in the brutal trial of seven.

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants compete to solve word puzzles and win money.

6.10 FILM Carry On Matron Comedy starring Sid James and Hattie Jacques. (1972, PG, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

7.00 Aussie Pickers Lucas Callaghan and Adam McDonald visit a self-described one-legged hay farmer.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.20 A Knight of the Seven Kingdoms *The Morrow:* 6/6. Dunk must decide whether to keep Egg as his squire. (S1)

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Doc Martin *Driving Mr McLynn:* 4/8. Al tries to raise cash, and Martin inflicts a minor wound on an elderly patient.

8.05 FILM Smokey and the Bandit Action comedy starring Burt Reynolds, Sally Field and Jackie Gleason. A fast-driving bootlegger runs rings round a sheriff in the Deep South. (1977, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

9.00 Chicago Fire *The Little Things:* 4/13. Kidd and her team investigate when a young girl starts a fire in her garden. (S12)

9.00 DTF St Louis *Amphezyne:* 5/7. Floyd confronts Clark about the affair, while Plumb and Homer find new information. (S1)

9.00 FILM Spectre Espionage thriller starring Daniel Craig. James Bond goes in search of the elusive mastermind behind a secret criminal network with links to his own past. With Christoph Waltz. (2015, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Doc Martin *The Departed:* 5/8. The doctor meets the man leading the selection process for the job he wants. (S4)

10 PM

10.00 Fire Country *Two Pink Lines:* 12/22. The crew join other firefighters as they battle a fire that erupts after a plane crash. (S1)
11.00 **Blue Bloods** 9&10/20. (S12)
1.00 AM **FBI** 15/22. (S7)
2.00 **Law & Order: Special Victims Unit** 13/13. (S25)
3.00 **Road Wars**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

10.00 The Last of Us *Kin:* 6/9. Joel and Ellie descend deeper into dangerous territory in search of the Fireflies. (S1)
11.10 **The Last of Us** 7/9. Ellie looks back on the night that changed everything.
12.15 AM 8/9. Ellie encounters a vengeful group of survivors.
1.20 9/9. Drama. (S1)
2.25 **Dune: Prophecy** 6/6. (S1)
4.00 **to 6.00** AM **Fish Town**

12.00 M'T **Family Guy** 16/20. Lois gets addicted to painkillers.
12.30 AM 11/20. An accident leaves Peter with a high-pitched voice. (S20)
12.55 **American Dad!** (S17)
1.55 **Bob's Burgers** 12&9/22. (S14)
2.50 **to 3.00** AM **Unwind with ITV**

10.00 Midsomer Murders *Dark Autumn:* The killing of a postman rocks the town of Goodman's Land and sends Barnaby on the trail of a murderer.
11.50 **Agatha Christie's Marple** *The Pale Horse:* The sleuth investigates the murder of an old friend using a list of names sent before his death.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

10.00 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling.

12.00 M'T **English Football League Highlights** Action from the Good Friday fixtures.
1.30 AM **Minder**
2.25 **Two and a Half Men** (S1)
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sacked in the Morning**
7.30 **Our Lives: The Secret Lives of Lighthouse Keepers** Following the teams who keep the nation's coastlines safe.
8.00 **Hercules the Bear: A Love Story** The story of a Scottish couple who raised a grizzly bear.
9.00 **NEW Michelle McManus Sings for the Pope** The singer performs a hymn in front of Pope Leo XIV.
10.00 **Still Game** 4/6. Jack and Victor persuade Navid to let them stay in his caravan. (S8)
10.30 **A View from the Terrace** New edition A sideways look at Scottish football.
11.15 **Two Doors Down** (S3)
11.45 PM **to 12.00** M'T **Growing Up Scottish**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Avenue 5** (S1)
1.00 PM **Hitmen** 1-6/6. (S1)
4.00 **Breeders** Ten episodes of the series, including at:
7.00 7/10. Luke takes class bear Lenny on an adventure.
7.30 8/10. Paul's attempts to focus on the wedding are constantly thwarted by his family.
8.00 9/10. Paul tries to muddle along when Ally goes to Berlin.
8.30 10/10. Luke is rushed to hospital. (S1)
9.00 **Nikki Glaser: Good Clean Filth** Stand-up filmed at Denver's Paramount Theatre.
10.15 **The Comeback** 2/8. Valerie Cherish tries to stay relevant. (S3)
10.55 **Nish Kumar: Your Power, Your Control**
12.25 AM **Kevin Hart: Reality Check** Stand-up show.
1.40 **Barry** 5&6/8. (S4)
3.00 **American Auto** (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **The Wiz Live**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **FILM On the Beach** Drama. (1959, b/w, PG, 134min) ★★★★
1.30 PM **The Alfred Hitchcock Hour**
2.30 **Wuthering Heights**
4.30 **Tea with Judi Dench**
5.30 **Michael Flatley: Lord of the Dance – Dangerous Games**
7.20 **Electric Light Orchestra: Live – The Early Years**
8.20 **Paul McCartney and Wings: One Hand Clapping**
9.50 **Dire Straits: On the Night** From 1992.
11.55 **Mark Knopfler: A Life in Songs**
1.10 AM **Music Legends**
2.10 **27: Gone Too Soon**
3.45 **Women Who Rock**
5.00 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Caught on Dashcam**
4.00 PM **Star Trek: Deep Space Nine** 15/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 18/26. (S1)
8.00 **Nothing to Declare**
9.00 **Forensics: Catching the Killer** Investigators track down a murderer 30 years after the crime.
10.00 **FILM Ruthless** Action thriller starring Dermot Mulroney and Jeff Fahey. (2023, 15, 92min) ★★★
12.00 M'T **Warrior** 9/10. (S3)
1.00 AM **The Force: North East** Documentary.
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Ant & Dec's Limitless Win** NHS matrons Karis and Tim play the game.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Paula tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The Floor** Rob Brydon hosts the quiz as the 73 remaining contestants fight for more squares.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **George Clarke's Old House, New Home**
10.00 **Matt Baker: Our Farm in the Dales**
11.00 **A New Life in the Sun**
12.00 NOON **Jasmine Harman's Renovation in the Sun** DIY series.
1.00 PM **A Place in the Sun: Home or Away**
2.00 **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **Kirstie and Phil's Love It or List It: Brilliant Builds**
6.00 **George Clarke's Building Home**
7.00 **Devon and Cornwall**
7.50 **The Great Celebrity Bake Off for SU2C**
9.00 **24 Hours in A&E**
11.05 **Gogglebox** Double bill.
1.05 AM **Britain's Most Expensive Houses**
2.10 **Help! I Bought It at Auction** Property series.
3.10 **George Clarke's Amazing Spaces**
4.10 **to 4.40** AM **Kirstie and Phil's Love It or List It**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

- 6.00 AM **Most Haunted**
- 8.00 **Teleshopping**
- 11.00 **FILM Doomsday Meteor** Thriller. (2023, PG, 86min) ★★
- 1.00 PM **FILM DC Down** Disaster thriller starring Jack Pearson. (2023, PG, 82min) ★★
- 3.00 **FILM America is Sinking** Adventure starring Johnny Pacar. (2023, PG, 80min) ★★
- 5.00 **FILM War of the Worlds: Extinction** Sci-fi thriller starring William Baldwin, Jessy Holtermann and Kate Hodge. (2024, PG, 84min) ★★

9.00 Anti-Life

- 7.00 **FILM Stargate Origins: Catherine** Sci-fi adventure prequel starring Ellie Gall. Catherine Langford enlists the help of two soldiers to venture into the Stargate and save the world from an unimaginable darkness. (2018, PG, 90min) ★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00 **FILM Anti-Life** Sci-fi thriller starring Bruce Willis and Cody Kearsley. A junior mechanic aboard an interstellar ship must outwit a cosmic terror intent on using the spaceship as a weapon. (2020, 15, 93min) ★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.00 **FILM Alien Apocalypse** Sci-fi action adventure starring Bruce Campbell and Renee O'Connor. Two astronauts return from their mission in space to discover the world has been taken over by aliens. (2005, 15, 88min) ★★
- 1.00 AM **Grimm** 11-14/22. (S1)
- 5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

- 7.10 AM **Murdoch Mysteries** (S16)
- 9.00 **Father Brown**
- 10.00 **Death in Paradise** (S11)
- 12.40 PM **Death in Paradise** 3/9. A skydiver appears to have been murdered in mid-air. **2.00** 4/9. Florence's undercover role takes a turn. **3.20** 5/9. A young pop star is found dead at a rehab clinic. **4.40** 6/9. A woman reports a murder and is then found dead. **6.00** 7/9. A reggae rap artist is shot dead at a soundcheck for a concert. (S11)

9.00 CSI: Vegas

- 7.00 **Death in Paradise** *Death of a Pawn:* 8/9. A prestigious chess match ends in murder. (S11)
- 8.00 **Father Brown** *The Cat of Mastigatus:* The sleuthing priest investigates when a girl is left for dead at a boys' school fete.
- 9.00 **CSI: Vegas** *Tunnel Vision:* 10/10. The team explore a dangerous underground tunnel to find a kidnapped agent. (S3)
- 10.00 **Death in Paradise** 2/8. The team investigate a survivalist commune when one of its members is poisoned. (S12)
- 11.00 **Father Brown** *The Folly of Jephthah:* Flambeau visits Kembleford to see if Father Brown can help him to eliminate an unwanted rival.
- 12.00 M'T **Death in Paradise** (S11)
- 2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

- 7.10 AM **Highlights**
- 8.30 **The Green Green Grass**
- 9.10 **Are You Being Served?**
- 9.50 **Last of the Summer Wine**
- 11.10 **Dad's Army**
- 11.50 **Porridge**
- 12.25 PM **Keeping Up Appearances**
- 1.00 **Dad's Army**
- 2.20 **Hi-de-Hi!**
- 3.00 **Are You Being Served?**
- 3.40 **Porridge**
- 4.20 **Dad's Army**
- 5.00 **Last of the Summer Wine**
- 6.20 **Keeping Up Appearances**

10.20 Mrs Brown's Boys

- 7.00 **Porridge** Fletcher objects to having a third cellmate foisted on him.
- 7.40 **Dad's Army** Pike borrows Captain Mainwaring's new staff car to take his girlfriend to the cinema.
- 8.20 **Are You Being Served?** Mr Rumbold installs CCTV to tackle shoplifting.
- 9.00 **Gavin & Stacey** Bryn tries to organise a surprise party for Gwen's birthday. **9.40** The day of Gavin and Stacey's wedding arrives. Nessa debates whether to share her big secret.
- 10.20 **Mrs Brown's Boys** The family fake Grandad's death to get a payout.
- 11.00 **Bottom Live: Weapons Grade Y-Fronts Tour** Eddie and Richie travel through time.
- 1.05 AM **Gavin & Stacey**
- 1.40 **Hi-de-Hi!**
- 2.30 **Mrs Brown's Boys**
- 3.00 **Gavin & Stacey**
- 3.30 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

- 7.30 AM **Hairy Bikers' Best of British** Sugar-rich desserts.
- 8.20 **Top Gear: Nepal Special**
- 10.00 **Top Gear: Bolivia Special**
- 11.40 **Top Gear: Winter Olympics Special** In Norway, the team use cars to compete in Winter Olympic events.
- 12.40 PM **Top Gear: Vietnam Special**
- 2.20 **Top Gear: Botswana Special**
- 3.20 **Top Gear: Bolivia Special**
- 5.00 **Hairy Bikers' Best of British** Sugar-rich sweets and desserts. **6.00** Food-related customs associated with weddings.

9.00 QI XL

- 7.00 **Would I Lie to You?** With Charlie Brooker, Hannah Fry, Danny Jones and Shaparak Khorsandi.
- 7.40 **Richard Osman's House of Games** With Gabby Logan and Jeff Stelling. **8.20** With David Baddiel, Charlotte Hawkins, Sophie Duker and Alex Brooker.
- 9.00 **QI XL** Host Sandi Toksvig goes to university with panellists Joe Lycett, Morgana Robinson, Guz Khan and Alan Davies.
- 10.00 **Frankie Boyle's 2017 New World Order** The comic tries to make sense of the modern world.
- 11.00 **Have I Got News for Boris: A Special Tribute**
- 11.40 **Mock the Week**
- 12.20 AM **Would I Lie to You? The Unseen Bits** Extra material.
- 1.00 **QI XL** With Josh Pugh.
- 2.00 **Red Dwarf**
- 2.35 **to 4.00** AM **I'll Get This**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

- 7.00 AM **Birds of a Feather**
- 7.40 **The Bill**
- 8.40 **Doctors**
- 9.45 **Classic Holby City**
- 10.50 **Classic Casualty**
- 11.55 **The Bill**
- 12.55 PM **Classic EastEnders**
- 2.05 **All Creatures Great and Small** The vets are saddened by the death of George VI.
- 3.10 **Howards' Way**
- 4.20 **Shakespeare & Hathaway: Private Investigators**
- 5.20 **Birds of a Feather**
- 6.00 **Last of the Summer Wine**

9.00 Happy Valley

- 7.20 **Last of the Summer Wine** Compo gets his old motorbike out and tries to perform a few stunts.
- 8.00 **Father Brown** *The Angel of Mercy:* Father Brown is suspicious when Mrs McCarthy's friend dies in her sleep.
- 9.00 **Happy Valley** 5/6. Catherine's life hangs in the balance, while the net finally closes in on kidnappers Kevin and Ashley – although Tommy is still on the run. (S1)
- 10.20 **New Tricks** *Spare Parts:* Jack's mind is not on the job as Ricky Hanson faces trial for attempting to murder him.
- 11.20 **The Inspector Lynley Mysteries** *One Guilty Deed.*
- 1.15 AM **Shakespeare & Hathaway: Private Investigators**
- 2.25 **Birds of a Feather**
- 2.55 **to 4.00** AM **Catch Me a Killer**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

Friday

5USA

141/169 129 120/162 21 129 29

- 9.00 AM **Entertainment News**
- 9.10 **Murder, She Wrote**
- 10.00 **NCIS** 2-4/24. (S9)
- 1.00 PM **Law & Order**
- 7.00 **NCIS** *Need to Know:* 17/24. The death of a chief petty officer leads the investigators to an international arms dealer. **8.00** *The Tell:* 18/24. The team again join forces with PsyOps to tackle a blackmailer. **9.00** *The Good Son:* 19/24. Vance's brother-in-law finds himself linked to the murder of a petty officer. (S9)
- 10.00 **Law & Order: Special Victims Unit** *The Punch List:* 3/13. The unit help a man come to terms with being victimised. (S25)
- 10.55 **Law & Order: Special Victims Unit** (S25&24)
- 1.50 AM **NCIS: Los Angeles**
- 2.45 **Instinct** 10/11. (S2)
- 3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

- 8.00 AM **Bargain-Loving Brits in the Sun**
- 10.00 **Dogs Behaving (Very) Badly**
- 11.00 **Traffic Cops** Triple bill.
- 2.00 PM **Police Interceptors**
- 5.00 **Car Pound Cops**
- 6.00 **Home and Away**
- 7.00 **GPs: Behind Closed Doors** Medical series.
- 8.00 **Casualty 24/7: Every Second Counts**
- 9.00 **999: Critical Condition** A motorcyclist is rushed into the emergency department following a road traffic accident.
- 10.00 **999: Emergency Call Out** Response unit members deal with a party on the Isle of Grain.
- 11.00 **Skin A&E**
- 12.00 M'T **Nightmare Tenants, Slum Landlords**
- 2.45 AM **GPs: Behind Closed Doors** Medical series.
- 3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

- 9.00 AM **Traffic Cops**
- 10.00 **FILM The Three Musketeers: The Queen's Diamonds** Adventure. (1973, PG, 102min) ★★★★
- 12.15 PM **FILM The Train Robbers** Western. (1973, U, 92min) ★★
- 2.10 **FILM The Cowboys** Western starring John Wayne and Bruce Dern. (1971, 12, 128min) ★★★
- 4.55 **Motorway Cops: Catching Britain's Speeders** Four editions.
- 9.00 **Police: Night Shift 999**
- 10.00 **Cops** A stopped driver takes off with a deputy halfway in the vehicle. **10.30** A man takes up a sketchy method of earning money.
- 11.00 **The X-Files** 20/24. (S1)
- 12.00 M'T **Motorway Cops: Catching America's Speeders** Documentary.
- 1.00 AM **Outback Truckers**
- 2.00 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

- 6.10 AM **Pete Wicks: For Dogs' Sake**
- 7.00 **Tipping Point** Triple bill.
- 10.00 **Pete Wicks: For Dogs' Sake** Triple bill.
- 1.00 PM **Pete Wicks: For Dogs' Sake** Six editions.
- 7.00 **The Supervet: Noel Fitzpatrick** A Labrador puppy is rushed in after being hit by a car.
- 8.00 **Inside the Ambulance** Paramedics rush to the aid of a fisherman who is suffering a stroke.
- 9.00 **999 Rescue Squad** A truck driver is trapped in his crushed cab after a motorway smash. **10.00** A woman fights for her life after being knifed by her ex-partner.
- 11.00 **Gavin & Stacey**
- 12.50 AM **The Gentle Art of Swedish Death Cleaning**
- 1.40 **to 3.00** AM **Louis Theroux Interviews... Dame Judi Dench**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

- 6.10 AM **Great British Railway Journeys**
- 8.00 **Bangers & Cash**
- 10.00 **The World at War**
- 11.00 **World War Weird**
- 12.00 NOON **Antiques Roadshow** Double bill.
- 2.00 PM **Bangers & Cash: Restoring Classics**
- 4.00 **The World at War**
- 5.00 **World War Weird**
- 6.00 **Antiques Roadshow**
- 7.00 **Mediterranean with Simon Reeve**
- 8.00 **'Allo 'Allo!**
- 8.40 **Porridge** First episode of the classic comedy. Crafty con Fletcher helps new inmate Godber settle in. **9.20** Betting fever sweeps Slade Prison.
- 10.00 **Bangers & Cash: Restoring Classics**
- 12.00 M'T **Bangers & Cash**
- 2.00 **to 3.00** AM **A Very British Murder with Lucy Worsley**

+1 hour 255 329

Really

142 153 165 44 149 40

- 6.00 AM **Fantasy Homes by the Sea** South Wales.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 12.00 NOON **Antiques Road Trip** Double bill.
- 2.00 PM **Long Lost Family: Born Without Trace**
- 6.00 **The Yorkshire Auction House** Double bill.
- 8.00 **Antiques Road Trip** Roo Irvine and Mark Hill head to the Isle of Skye.
- 9.00 **NEW My Lottery Dream Home: David's Happy Ending** David Bromstad creates a dream home of his own.
- 10.00 **Home Town** New edition Ben's younger brother and his wife plan to renovate a fixer before their next baby arrives.
- 11.00 **Help! My House Is Haunted** Triple bill.
- 2.00 AM **Teleshopping**
- 4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** Triple bill. (S3)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S4)
5.20 **The Waltons**
7.30 **M*A*S*H** 25/25. Hot Lips gets married. (S5) **8.00** 1/25. Part one of two. Frank goes berserk. **8.30** 2/25. Part two of two. Charles Winchester takes Frank's place. (S6)
9.00 FILM **Courage Under Fire** Drama with Denzel Washington and Meg Ryan. A US army officer investigates the death of a helicopter pilot. (1996, 15, 116min) ★★★
11.30 **The Avengers** (S5)
12.30 AM **M*A*S*H** (S5&6)
2.00 **Home to Roost** (S3)
2.25 **Robin's Nest** 1/7. (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM FILM **The Monuments Men** War drama. (2014, 12) ★★★
10.10 FILM **Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
12.20 PM FILM **Hombre** Western adventure. (1966, PG, 111min) ★★★
2.45 FILM **Sands of Iwo Jima** Adventure (1949, b/w, PG, 109min) ★★★
5.05 FILM **Black Water** Thriller. (2018, 15) ★★
7.10 FILM **The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
9.00 FILM **The Mummy** Adventure. (2017, 15, 110min) ★★★
11.20 FILM **The Road** Apocalyptic drama. (2009, 15) ★★★★
1.45 AM **The Baron**
2.45 FILM **Disaster Zone: Volcano in New York** Thriller. (2006, 12) ★★
4.15 **to 5.40** AM **Air Rescue**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Diagnosis Murder: The House on Sycamore Street**
10.00 FILM **A Twist of the Knife** (1993, PG) ★★
12.00 NOON FILM **Diagnosis Murder: A Town Without Pity** Drama. (2002, PG, 90min) ★★
2.00 PM FILM **Diagnosis Murder: Without Warning** Crime drama. (2002, PG, 90min) ★★
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 8/22. (S8)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 8/15. (S2)
10.00 FILM **An Aurora Teagarden Mystery: A Bone to Pick** Thriller. (2015, PG, 84min) ★★
11.55 **Hart to Hart**
1.50 AM FILM **Ex-Wife Killer** Thriller. (2017, PG) ★★
3.25 **to 5.00** AM FILM **April's Flowers** Thriller. (2019, PG, 86min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Snapshot of Love** Romantic drama. (2022, PG, 85min) ★★
10.05 FILM **Love Blossoms** Drama. (2017, PG) ★★
12.00 NOON FILM **Love, Romance and Chocolate** Drama. (2019, U) ★★
2.00 PM FILM **An Hour Behind** Comedy. (2017, PG, 90min) ★★
3.55 FILM **The 27-Hour Day** Drama. (2021, PG) ★★
5.50 FILM **Be Mine** Drama. (2021, PG, 92min) ★★
7.45 FILM **Valentine in the Vineyard** Romance. (2019, PG, 85min) ★★
9.40 FILM **Christmas on the River** Romantic comedy. (2019, PG, 88min) ★★
11.50 FILM **Christmas Love Letter** Festive romance. (2019, PG, 86min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Valentine in the Vineyard** (2019) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
1.00 PM **Love Your Home and Garden**
2.00 **Rick Stein's Food Stories** In Lincolnshire.
2.45 **Robson Green's Weekend Escapes**
3.30 **My Greek Kitchen**
4.00 **Alan Cumming's Edge of Scotland**
5.00 **My Floating Home**
6.00 **Love Your Home and Garden** DIY series.
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue**
10.00 FILM **Come Play with Me** Sex comedy. (1977, 18, 90min) ★★
12.00 M'T FILM **Mary Millington: Confessions from the David Galaxy Affair** Sex comedy. (1979, 18, 92min) ★★
2.00 AM **Love Your Home and Garden**
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Reel Stories**

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 9/24. (S2)
11.05 **Lady Killers**
12.10 PM **The Dustbinmen**
12.40 **Second Thoughts** (S1)
1.10 **Star Maidens** (S1)
1.40 **The Champions** (S1)
2.40 **Space 1999** 9/24. (S2)
3.45 **Hank the Cowboy**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S3)
6.30 **Star Maidens** (S1)
7.00 **Second Thoughts** (S1)
7.30 **The Fenn Street Gang**
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Hot Girls for Men Only** Adult comedy. (1967, 18, 38min) ★★
10.50 **Naughty!**
12.35 AM **Stereo Underground**
1.35 **The Rewind Jukebox**
2.35 **Britannia**
3.20 **We Had One of Those**
3.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig heads off the grid on a daring midnight mission. **8.00** Keith struggles to keep the *Wizard* afloat as a flooding collision void threatens to sink him.
9.00 **Cops UK: Bodycam Squad** James is called to a quiet residential street.
10.00 **Street Cops: Catching the Yobs**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Michel Roux's Provence Masterclass**
8.00 **Michel Roux's French Country Cooking**
10.00 **Roux Down the River**
12.00 NOON **Roux Back Down the River**
1.00 PM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
2.00 **Tom Kerridge's Sunday Lunch** Fish and chips.
2.30 **Tom Kerridge More Sunday Lunch**
3.00 **Mary Berry's Foolproof Cooking** Double bill.
4.00 **Mary Berry's Easter Feast** Double bill.
6.00 **Rick Stein's Seafood Odyssey** Four editions.
8.00 **Jamie's Fish Supper**
9.00 **Jamie's 15 Minute Meals**
1.00 AM **Man v Food with Casey Webb**
1.30 **Man v Food**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 14/22. (S6)
9.00 **T.J. Hooker** 5/22. (S2)
10.00 **The Invaders** (S2)
11.00 FILM **When Worlds Collide** Sci-fi drama. (1951, U, 82min) ★★
1.00 PM FILM **The War of the Worlds** Sci-fi. (1953, PG, 85min) ★★★★
3.00 FILM **The Odessa File** Suspense thriller. (1974, PG, 129min) ★★★
5.00 **Star Trek** 24/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **T.J. Hooker** 6/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Last Stand** Action thriller. (2012, 15, 107min) ★★★
11.10 FILM **Out of the Furnace** Thriller. (2013, 15, 114min) ★★★★
1.35 AM FILM **The Resident** Horror. (2011, 15) ★★
3.20 **to 5.00** AM FILM **The Satanic Rites of Dracula** Horror chiller. (1973, 18, 88min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
11.00 **The Lost World** (S3)
12.00 NOON FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
2.00 PM FILM **Shark Season** Thriller. (2020, PG) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 17/22. (S3)
9.00 FILM **Faster** Thriller with Dwayne Johnson. (2010, 15, 97min) ★★★
11.00 FILM **Lucky Number Slevin** Comic thriller with Josh Hartnett. (2006, 18, 110min) ★★★
1.20 AM FILM **Faster** (2010)
3.15 FILM **The People That Time Forgot** (1977)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Wolverhampton.
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Storage Hunters**
10.15 **Container Wars**
11.10 **Strange Evidence**
4.00 PM **The Jesus Strand: A Search for DNA**
6.00 **Storage Hunters**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Road Wars** New editions Double bill of the series taking a deep dive into events on America's roadways.
10.00 **Paranormal: Caught on Camera** Double bill.
12.00 M'T **My Paranormal Nightmare**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Roswell 75: The Final Evidence**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM FILM **All Creatures Great and Small** Comedy drama. (1974, PG, 87min) ★★★
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 FILM **An Invitation to Murder** Mystery drama starring Mischa Barton. (2023, 12, 92min) ★★
7.00 FILM **The Railway Children Return** Family drama starring Beau Gadsdon. Youngsters evacuated during World War Two encounter a soldier on the run. (2022, PG, 99min) ★★★
9.00 **Taggart** *Gingerbread:* A dying man's last answerphone message creates confusion.
11.40 **The Most Embarrassing Reality TV Moments**
1.40 AM **Happy Campers: The Caravan Park**
3.30 **to 4.00** AM **Walking Wartime Britain**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete to win a cash prize for a charity of their choice.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** With *Emmerdale* stars Anthony Quinlan, Louisa Clein, Dominic Brunt and James Moore.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 23/24. Penny tries to bond with Leonard's mother during a visit. **8.30** 24/24. Leonard's divorced parents come to town for a visit. (S9)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Lisa faces the fallout of her lies, Aviva gets answers about Stig's infidelity, and Rick tries his best to regain Trish's trust.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
1.00 PM **The Best of Mr Bean**
2.00 **Friends** (S10&1)
7.00 **Friends** 5/24. Chandler and Phoebe make a pact. **7.30** 6/24. Chandler dates a married woman. **8.00** 7/24. A power cut in the city exposes Chandler to temptation. **8.30** 8/24. Chandler discovers his colleagues all assume he is gay. (S1)
9.00 **Lee Evans Live: The Different Planet Tour**
10.30 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Impractical Jokers**
2.10 **Kevin Hart: CC Live**
2.40 **The Bonnaroo Experience** Stand-up.
3.25 **Rosie Jones Tries to Help** Kerry Godliman.
3.30 **Reno 911!** (S4)
3.50 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 3&4/22. (S1)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** Double bill.
11.00 **Friends** 17-20/24. (S2)
1.00 PM **Criminally Funny**
2.30 **Takeshi's Castle**
3.00 **Michael McIntyre's Big Show** Seven editions.
10.00 **Friends** 1/18. Rachel and Joey struggle to find the words to tell Ross about their kiss. **10.35** 2/18. Ross tries to put on a brave face and invites Joey and Rachel to dinner. **11.05** 3/18. Ross treats himself to a spray tan, but fails to follow the instructions. (S10)
11.35 **Iain Stirling's Roast the Internet** With Tom Allen.
12.35 AM **Michael McIntyre's Big Show** Four editions.
4.10 **Reno 911!** (S8)
4.30 **to 6.00** AM **Michael McIntyre's Big Show**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 3/8. (S2)
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 2/13. Drama. (S2)
2.40 **Minder** 5/8. (S6)
3.40 **Just Good Friends** (S3)
4.15 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 6/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.45 **Rising Damp** 2/8. (S2)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 5/11. (S1)
9.00 **Benidorm** 8/9. (S9)
9.55 **Shameless** 2/16. (S7)
11.00 **Man About the House**
11.30 **Rising Damp** (S1)
12.00 M'T **Benidorm** 8/9. (S9)
1.00 AM **Minder** 9/13. (S3)
2.05 **In Sickness & In Health**
2.30 **to 7.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **16 and Pregnant**
6.45 **Teen Mom: Catch Up Special** Reality show.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
11.00 **Catfish: Scammed**
12.00 NOON **Catfish: The TV Show** Eight editions.
8.00 PM **Rich Kids Go Skint** Chelsea girl Veronika experiences the reality of hard work in Leeds.
9.00 **MTV Unplugged: Nirvana** From 1993.
10.00 **Tattoo Fixers** The artists help aspiring teacher Victoria, who is in need of a cover-up.
11.00 **Dating Naked UK**
12.00 M'T **Celebrity Ex on the Beach** Reality series.
1.00 AM **Caught in the Act: Unfaithful**
2.00 **Ridiculousness**
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

3 April Good Friday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Dino Hunters**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** The production of speed skates. **3.30** Aerospace fuel lines. **4.00** The manufacture of whips and incense cones. **4.30** The production of sugar.
5.00 **Alaska: Homestead Rescue** A Kentucky homestead built in a ghost town drowns in floods.

9.00 **Expedition X**

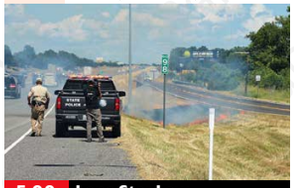
7.00 **Wheeler Dealers** Mike and Ant welcome a zippy little 1974 Fiat X1/9 sports car to the workshop, but big problems lurk.
8.00 **Gold Rush** Parker buys a Golden Goose to turn the season around, and Tony spends millions on a new piece of ground for Mike.
9.00 **Expedition X** New edition Phil Torres and Heather Amaro hunt a monstrous black cat with an ape-like face.
10.00 **Curse of the Bermuda Triangle** Searching for the truth behind one of the Triangle's most infamous mysteries.
11.00 **Expedition Bigfoot** A railroad track offers fresh clues about Bigfoot's whereabouts.
12.00 M'T **Border Control: Europe**
1.00 AM **Expedition X** As 9.00pm.
2.00 **Curse of the Bermuda Triangle** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die**
10.00 **Tanked** With Gabriel Iglesias.
11.00 **Animal Cops Phoenix**
1.00 PM **Must Love Cats**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A musician who feels abused by her cat. **4.00** A woman over-run with neighbourhood cats.
5.00 **Lone Star Law** The wardens deal with drunk boaters.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor treats patients at a monkey sanctuary in Mexico.



5.00 **Lone Star Law**

7.00 **Treehouse Masters** Pete Nelson builds an outside-in treehouse in Alaska, heating things up by installing a sauna.
8.00 **My Extreme Animal Phobia** Arachnophobe Jahara refuses to open any windows in her home.
9.00 **Alaska: The Last Frontier** Eivin, Atz Lee, Jane and Shane go on a group hunt for deer to fill their freezers.
10.00 **Alaskan Bush People** The Wolfpack must problem solve to get the house back on track in time for the deep freeze.
11.00 **The Haunted** A man is seduced by a female demon.
12.00 M'T **Must Love Cats** Learning about wild and domestic cats.
1.00 AM **Richard E Grant's Seven Deadly Sins** The roots of envy.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Miami**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **World War II: Secrets from Above** Triple bill.
11.00 **Hitler's Last Stand: Fight to the Finish** Documentary.
12.00 NOON **Hitler's Death Army: Das Reich** Double bill.
2.00 PM **Planes that Changed History** Concorde.
3.00 **Car S.O.S** Fuzz and Tim tackle a 1973 Triumph Bonneville. **4.00** A Rolls-Royce is restored. **5.00** Restoring a Golf GTI Mk1.
6.00 NEW SERIES **Best of the World's Destinations** Ben Horton races through Guizhou.

7.00 **Legend of the Giant Squid**

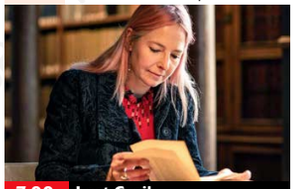
7.00 **Legend of the Giant Squid** David Attenborough narrates an astonishing underwater look at the ocean giants.
8.00 **Ocean with David Attenborough** Documentary exploring the planet's undersea habitats, highlighting the vital importance of these ecosystems and discovering opportunities for marine life recovery.
9.40 **Titanic: 25 Years Later with James Cameron** The director looks back on the making of the film.
10.40 **Air Crash Investigation** Examining the case of a plane that crashed and burst into flames just moments after take-off.
11.40 **Air Crash Investigation**
12.40 AM **To Catch a Smuggler**
1.40 **Lords of War**
2.10 **Bid & Destroy**
3.10 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **The Great British Dig: History in Your Back Garden**
6.55 **Storage Hunters**
8.20 **Storage Wars** Eight editions.
12.00 NOON **Ancient Aliens: Origins** As 10.00pm.
2.00 PM **Hazardous History with Henry Winkler** Five editions of the series, including at: **4.00** A look back at shockingly dangerous 'cures.' **5.00** Bone-crushing football and deadly baseball games. **6.00** Some jaw-dropping travel tales of the past.



7.00 **Lost Grail**

7.00 **Lost Grail with Alice Roberts** Alice explores the story of Joseph of Arimathea and the Grail on the Isle of Wight.
8.00 **Lost Grail with Alice Roberts** The presenter investigates Arthur's grave, where the trail takes an interesting turn.
9.00 **Lost Grail with Alice Roberts** The notion the Knights Templar buried the Holy Grail beneath Rosslyn Chapel.
10.00 **Ancient Aliens: Origins** New edition Modern innovations that blur myth and reality, turning science fiction into fact.
12.00 M'T **Hazardous History with Henry Winkler** A look back at shockingly dangerous activities and products from the past. **12.55** AM The thrilling world of vintage daredevils. **1.50** Dangerous 'cures' that were offered to the public.
2.50 **Ancient Aliens: Origins**
4.25 **to 6.00** AM **Lost Grail with Alice Roberts**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **David Frost Vs**
7.00 **The Loneliest Whale: The Search for 52**
9.00 **Busby** A profile of Matt Busby.
11.00 **JFK Revisited: Through the Looking Glass** Documentary.
1.15 PM **I Am Jackie O** A profile of Jackie Kennedy Onassis.
3.00 **I Am Patrick Swayze**
4.50 **My Icon: Shaun Gayle**
5.00 **I'm Chevy Chase and You're Not** A profile of the actor and comedian, who rose to fame on *Saturday Night Live* before becoming a film star.

7.00 **I Am Johnny Cash**

7.00 **I Am Johnny Cash** A celebration of the life of the country singer-songwriter built around 12 of his classic tracks spanning four decades.
8.50 **My Icon: Leon Pryce** The former rugby league star discusses the individuals that have inspired him.
9.00 **Blur: To the End** Documentary tracing the relationship of the band's members over the course of three decades as they come together to record 10 new songs ahead of a show at Wembley Stadium.
11.00 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
12.50 AM **Music Box: Counting Crows** Documentary.
2.40 **Dave Not Coming Back**
4.30 **Chernobyl: My Promised Land** Documentary.
5.00 **to 6.00** AM **Discovering: Harrison Ford**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **The Yorkshire Auction House** Double bill.
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
4.00 PM **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Combine** Henry Cole and the team take on a classic 1950s Massey Ferguson combine harvester.
9.00 **The Repair Shop** Lucia revives a painting with a touching history. **10.00** Items include an alabaster light shade and an old piano stool.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Helen Bailey.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition The execution of a cyclist.
10.00 **People Magazine Investigates**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **Killer in My Family**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Nurse Beverley Allitt murdered four children and harmed nine others.
8.00 **Fraud Squad** A scam artist fakes a disability to claim thousands of pounds, and a look at the most prolific dental fraudster ever.
9.00 **Descent of a Serial Killer** The crimes of Michael Gargiulo, who was dubbed the 'Hollywood Ripper' as well as the 'Chiller Killer'.
10.00 **Murder by the Sea** The case of Hazel Williams, who bludgeoned her husband to death.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened**
3.00 **Uncovering Melanie's Murderer** Documentary.
4.00 **48 Hours**
5.00 **Medical Detectives** A frozen body wrapped in sheets is found near Anchorage, Alaska. **5.30** A flight attendant's murder has a similarity to a previous killing. **6.00** A tragedy on a shrimp boat sees the captain drown, while the deckhand survives. **6.30** A wealthy real-estate tycoon is killed.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Britain's Longest Road**
8.00 **Stop, Search, Seize**
9.00 **Caught Red Handed**
11.00 **Brit Cops: Rapid Response** Documentary.
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed** Triple bill.
4.00 **Killer in My Village**
6.00 **Britain's Most Evil Killers**
7.00 **Catching the Killer**
8.00 **Murder Next Door**
9.00 **Fred West: The Glasgow Girls** 1-3/3. Documentary.
12.00 M'T **World's Most Evil Killers** Dorothea Puente.
1.00 AM **Catching the Killer**
2.00 **What the Killer Did Next** Sabina Nessa.
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Who Killed Ivan the Terrible?**
9.00 **China: Treasures of the Jade Empire**
10.05 **The Great Wall of China: The Hidden Story – Secret History**
11.00 **China: Treasures of the Jade Empire**
12.00 NOON **The Great Wall of China: The Hidden...**
1.00 PM **Who Killed Ivan the Terrible?**
2.00 **China: Treasures of the Jade Empire**
3.05 **The Great Wall of China: The Hidden Story – Secret History**
4.00 **Conquistadors: The Rise and Fall**
10.00 **China: Treasures of the Jade Empire**
11.00 **The Great Wall of China: The Hidden Story – Secret History**
12.00 M'T **Who Killed Ivan the Terrible?**
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **New Kids in the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Deadly Australians**
1.00 PM **Monkey Life**
2.00 **Micro Monsters with David Attenborough**
3.00 **Attenborough's Journey**
4.00 **David Attenborough's Dragons and Damsels**
5.00 **David Attenborough's Galapagos** Triple bill of the documentary, including at: **7.00** A look at the differences between the 19 islands.
8.00 **Weird, Wild and Wonderful**
9.00 **Wildlife ER**
10.00 **Deadly Australians**
11.00 **Africa's Hunters**
12.00 M'T **Africa's Wild Year**
1.00 AM **New Kids in the Wild**
2.00 **Weird, Wild and Wonderful**
3.00 **Wildlife ER**
4.00 **New Kids in the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Weird or What? With William Shatner** As 5.00pm.
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Alien Disclosure Files**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Weird or What? With William Shatner** The Death Valley boulders that move on their own.
6.00 **What on Earth?**
7.00 **Battle 360** The actions of the Carrier Task Force in 1944.
8.00 **History's Greatest Aircraft** A look at the Heinkel He 111.
9.00 **The Nostradamus Effect**
10.00 **Secrets Declassified with David Duchovny**
11.00 **Ancient Aliens**
1.00 AM **Alien Disclosure Files**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **The Dino Hunters** Montana rancher Clayton finds what might be a rare and valuable fossil on his family's property. In Wyoming, Mike and his son uncover a triceratops horn. **10.00** Clayton continues his excavation of a rare, carnivorous dinosaur on his Montana ranch. In Wyoming, Mike and Jake prepare to sell their prized T-Rex fossil.
11.00 **Tesla's Death Ray: A Murder Declassified** Historians and scientists explore the life and work of Serbian-American inventor Nikola Tesla. **12.00** M'T The team investigate the site of Tesla's former laboratory in Colorado Springs.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Meet, Marry, Murder**
2.00 PM **Accident, Suicide or Murder?** Four editions.
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?**
9.00 **Fugitives Caught on Tape** New editions A reckless getaway driver turns a parking lot into a war zone. **9.30** A violent suspect fires at police and rams a cruiser.
10.00 **Court Cam** New editions A man who killed his mother faces his sister at sentencing. **10.30** A judge delivers a sentence in an assault case.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **World's Weirdest**
11.00 **Africa's Deadliest**
12.00 NOON **Dolphins Up Close with Bertie Gregory**
1.00 PM **Cheetahs Up Close with Bertie Gregory**
2.00 **Critter Fixers: Country Vets**
5.00 **Yukon Vet** Triple bill.
8.00 **Kings of the Wild** Survival challenge with hunter Josh James and chef Matt Tebbutt.
9.00 **South Africa: Cradle of Killers** Footage of the country's deadliest animals, including pangolins, cheetahs, red toads and spitting cobras.
10.00 **Alaska: The Next Generation** Kaleb and Brittany teach survival skills to the fourth generation of Rowland children.
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The dangers of exploding stars, colliding galaxies and nebula shockwaves.
1.00 PM **NASA's Unexplained Files**
2.00 **Truth Behind the Moon Landing** Experts investigate if the Nazis were involved in the Apollo space programme.
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight**
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **Salvage Hunters: The Restorers** A fairground ride.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Australia with Simon Reeve** Triple bill of editions.
1.00 AM **Australia with Simon Reeve** Triple bill of editions.
5.00 **One Foot in the Grave**
8.55 **One Foot in the Grave** 1/6. First episode of the classic comedy. Victor Meldrew faces an uncertain future after being forced into early retirement. **9.35** 2/6. Margaret tries to take Victor's mind off his depressing situation by encouraging him to attend a fitness class. **10.10** 3/6. Victor clashes with a pesky plumber with a penchant for practical jokes. **10.50** 4/6. Victor and Margaret are trapped in the shed by a swarm of bees – and that is just the start of their troubles **11.30** 5/6. Victor takes up art. **12.10** AM 6/6. Victor quarrels with the electricity board. (S1)
12.50 **One Foot in the Grave**
4.15 **Australia with Simon Reeve**
5.20 **to 6.00** AM **One Foot in the Grave**

+1hour 266 376

ID

154 140 166

8.00 AM **Southern Fried Homicide**
9.00 **American Monster**
11.00 **Diabolical: Deadly Love**
12.00 NOON **People Magazine Investigates** The murder of a fire chief's wife in Louisiana.
1.00 PM **American Monster**
3.00 **People Magazine Investigates**
4.00 **Diabolical: Deadly Love**
5.00 **On the Case with Paula Zahn**
7.00 **Faking It: Tears of a Crime**
9.00 **A Killer Among Friends** A mysterious killer murders a 19-year-old rising star in her home after a cast party, sending shockwaves through a group of aspiring artists.
10.00 **Portals to Hell** Jack Osbourne and Katrina Weidman visit a haunted B&B in Connecticut.
11.00 **Paranormal Lockdown with Nick Groff** A house in New York with a demonic past.
12.00 M'T **Kindred Spirits**
2.00 AM **On the Case with Paula Zahn** Double bill of editions.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Supertruckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** The Cogs restore a car for a live audience at CarFest.
1.00 PM **Garage Rehab**
2.00 **Planes That Changed the World** The Airbus A380.
3.00 **Supertruckers**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Ant Anstead: Born Mechanic**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant works on a 1964 T-Bird.
9.00 **Roadworthy Rescues**
10.00 **Supertruckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Bad Guys 2**
7.50 **The Cinema List: British Women Directors**
8.10 **PREMIERE Final Destination: Bloodlines** As 8.00pm.
10.10 **One Battle After Another**
1.00 PM **Superman** As 10.00pm.
3.15 **PREMIERE The Bad Guys 2** Animation. (2025, PG, 104min) ★★★★ *See review, page 24.*
5.05 **One Battle After Another** Thriller with Leonardo DiCaprio. (2025, 15, 161min) ★★★★★

8.00 Final Destination...

8.00 **PREMIERE Final Destination: Bloodlines** Supernatural horror with Kaitlyn Santa Juana. Plagued by a recurring nightmare, a student returns home to save her family from a horrific fate. (2025, 15, 110min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
2.00 **Hostages** Comedy thriller. (2025, 15, 90min) ★★★
3.45 **Sky Cinema Preview**
4.20 **to 6.00** AM **Sketch** Fantasy comedy starring Tony Hale. (2025, 12, 93min) ★★★★

Sky Cinema Box Set

303 303 403 503 517

6.00 AM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★
7.30 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
9.00 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
10.25 **Jaws** As shown at 12.10am.
12.30 PM **Jaws 2** As 2.15am.
2.30 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
4.10 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★

4.10 The Hobbit

7.00 **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure, the second part of his adaptation of JRR Tolkien's novel, starring Martin Freeman. (2013, 12, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Hobbit: The Battle of the Five Armies** Conclusion of the fantasy adventure trilogy, starring Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Jaws** Steven Spielberg's thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
2.15 **Jaws 2** Adventure thriller sequel starring Roy Scheider. (1978, PG, 115min) ★★★
4.15 **Jaws 3** As shown at 2.30pm.
5.55 **to 7.40** AM **The Smurfs** Family adventure starring Neil Patrick Harris. (2011, U, 103min) ★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
8.25 **...And Justice for All** Satirical comedy. (1979, 15, 119min) ★★★
10.30 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
1.30 PM **Lost in Translation** Sofia Coppola's bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
3.25 **A Star Is Born** Music drama. (2018, 15, 136min) ★★★★★
5.45 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★
10.15 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
12.25 AM **An Officer and a Gentleman** Romantic drama. (1981, 15, 125min) ★★★★
2.30 **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
4.15 **to 6.15** AM **A Different Man** Thriller starring Sebastian Stan. (2024, 15, 112min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
7.40 **The Nun** Horror. (2018, 15) ★★★
9.25 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
11.15 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
1.40 PM **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
4.10 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
5.50 **InnerSpace** Sci-fi comedy thriller starring Dennis Quaid. (1987, PG, 119min) ★★★
8.00 **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. Two years after a robot's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (1995, 12, 134min) ★★★
10.15 **28 Days Later** Danny Boyle's horror starring Cillian Murphy and Christopher Eccleston. (2002, 18, 113min) ★★★★
12.20 AM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
2.20 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
4.30 **Sky Cinema Preview**
5.00 **to 6.45** AM **After Earth** Sci-fi. (2013, 12, 98min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.40 AM **Hotel Transylvania** Animation. (2012, U) ★★★★
8.20 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
10.00 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
1.00 PM **Smurfs** (2025, PG) ★★
2.40 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
4.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
6.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

7.40 Trolls

7.40 **Trolls** Animated musical adventure featuring the voices of Anna Kendrick, Justin Timberlake and Christopher Mintz-Plasse. (2016, U, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **The Golden Compass** Fantasy based on Philip Pullman's book *Northern Lights*, starring Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Paulie** Family comedy. (1998, U, 92min) ★★★
1.10 AM **Madagascar: Escape 2 Africa** Animated sequel. (2008, PG, 89min) ★★★
2.55 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
4.35 **to 6.05** AM **Tom and Jerry Cowboy Up!** Animation. (2021, U, 71min) ★★★

Sky Cinema Action

306 306 407 507 521

6.00 AM **The Fast and the Furious**
7.50 **2 Fast 2 Furious** As 2.30am.
9.40 **The Fast and the Furious: Tokyo Drift** As 4.20am.
11.30 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
1.20 PM **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★
3.30 **Fast & Furious 6** Thriller sequel. (2013, 12) ★★★
5.40 **Fast & Furious 7** Action thriller sequel with Vin Diesel. (2015, 12, 132min) ★★★★

6.00 The Fast and the Furious

8.00 **Fast & Furious 8** Action thriller sequel starring Vin Diesel and Charlize Theron. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. With Dwayne Johnson and Kurt Russell. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fast & Furious Presents Hobbs & Shaw** Action adventure spin-off starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw team up to stop a major terror threat. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Fast and the Furious** Action thriller with Vin Diesel. (2001, 15, 107min) ★★★
2.30 **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
4.20 **to 6.10** AM **The Fast and the Furious: Tokyo Drift** Thriller. (2006, 12, 104min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
8.40 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
10.30 **Friendship** (2025, 15) ★★★★
12.15 PM **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
2.15 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
4.05 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
6.00 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★

9.45 Little Fockers

8.00 **Two Weeks Notice** Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Little Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. Male nurse Greg Focker must prove to his father-in-law Jack that he is worthy of one day taking his place as the family patriarch. (2010, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
1.15 AM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
3.00 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.45 **to 6.45** AM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
9.45 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
11.45 **Speak No Evil** As 5.45am.
1.45 PM **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
3.30 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
5.45 **Sherlock Holmes: A Game of Shadows** Action adventure sequel. (2011, 12, 128min) ★★★

10.15 Pulp Fiction

8.00 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Pulp Fiction** Quentin Tarantino's comedy thriller, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **American Gangster** Ridley Scott's crime drama. (2007, 18, 157min) ★★★★
3.40 **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★
5.45 **to 7.40** AM **Speak No Evil** Horror starring James McAvoy. (2024, 15, 110min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
1.40 PM **Those Magnificent Men in Their Flying Machines** Vintage comedy adventure. (1965, U, 126min) ★★★
4.20 **Sister Act** Musical comedy. (1992, PG, 102min) ★★★★
6.20 **A Few Good Men** Courtroom drama starring Tom Cruise. (1992, 15, 132min) ★★★★

9.00 The Green Mile

A Few Good Men (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Green Mile** Supernatural prison drama based on a novel by Stephen King, starring Tom Hanks and Michael Clarke Duncan. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. With David Morse and Sam Rockwell. (1999, 18, 189min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 3.25** AM **Glass** M Night Shyamalan's fantasy thriller with James McAvoy, Samuel L Jackson and Bruce Willis. Three men with superhuman abilities end up in a psychiatric hospital, where a doctor has sinister plans. (2019, 15, 129min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

6.20 AM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
8.10 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
10.10 **Superman** As 8.00pm.
12.25 PM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
2.05 **The Secret Life of Pets** Animation. (2016, U) ★★★
3.45 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
5.50 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton tries to protect Earth from evil genius Lex Luthor. (2025, 12, 129min) ★★★★
10.20 **Spider-Man 3** Fantasy sequel with Tobey Maguire and Kirsten Dunst. (2007, 12, 139min) ★★★
12.40 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
2.30 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
4.30 **Sky Cinema Preview**
5.05 **to 7.05** AM **Pokemon: Detective Pikachu** Fantasy adventure starring Justice Smith. (2019, PG, 100min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.20 AM **Demolition Man** (1993)
8.20 **Shenandoah** Western drama. (1965, PG, 101min) ★★★★
10.15 **Jackie Chan's First Strike** Action thriller. (1996, 12, 83min) ★★
11.55 **Enter the Dragon** As 2.00am.
1.40 PM **Batman Forever** Adventure. (1995, 12, 121min) ★★★
3.45 **Batman & Robin** Fantasy adventure starring George Clooney. (1997, PG, 125min) ★★
6.00 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure, a prequel to *Raiders of the Lost Ark*, starring Harrison Ford and Kate Capshaw. (1984, PG, 118min) ★★★
10.00 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★
12.10 AM **The Running Man** Sci-fi adventure. (1987, 18) ★★★
2.00 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
3.50 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
5.50 **to 7.35** AM **The First Wives Club** Comedy. (1996, PG) ★★★

Sky Cinema Animation

312 315 405 500 514

6.00 AM **Pets on a Train** As 11.05pm.
7.40 **Teen Titans Go! to the Movies**
9.15 PREMIERE **The Bad Guys 2**
11.05 **The Ogglies** Animation. (2021, PG, 85min) ★★★
12.35 PM **The Secret Life of Pets 2** Animated adventure sequel. (2019, U, 86min) ★★★
2.15 **Trolls** Animation. (2016, U) ★★★
4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.50 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.35 **10 Lives** Animated comedy. (2024, U, 98min) ★★★
9.15 PREMIERE **The Bad Guys 2** Animated adventure sequel with the voice of Sam Rockwell. (2025, PG, 104min) ★★★★
11.05 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
12.35 AM **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
2.10 **Into the Wonderwoods** Animated family adventure. (2024, U, 81min) ★★★
3.45 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
5.25 **to 7.05** AM **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U, 90min) ★★

Disney+ Cinema

305 305

6.00 AM **The Wild** (2005, U) ★★
7.30 **Bambi** Classic animation. (1942, U, 69min) ★★★★★
8.40 **George of the Jungle** Comedy adventure. (1997, U, 92min) ★★
10.15 **Father of the Bride** Comedy. (1991, PG, 105min) ★★
12.05 PM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
1.50 **Lady and the Tramp** Animation. (1955, U, 76min) ★★★★★
3.05 **Pocahontas** Animation. (1995, U, 81min) ★★★
4.30 **Duck Tales the Movie: Treasure of the Lost Lamp** Animated family adventure. (1990, U, 73min) ★★★
5.50 **Beverly Hills Chihuahua** Comedy. (2008, U, 91min) ★★
7.25 **Flubber** Family fantasy comedy. (1997, U, 94min) ★★★
9.00 **Let's Be Cops** Action comedy. (2014, 15, 101min) ★★
10.45 **Hitman: Agent 47** Action thriller. (2015, 15, 92min) ★★
12.25 AM **The Maze Runner** Sci-fi adventure with Dylan O'Brien. (2014, 12, 110min) ★★★
2.25 **Hitchcock** Biopic with Anthony Hopkins. (2012, 12, 94min) ★★★
4.05 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
5.45 **to 6.00** AM **Myth: A Frozen Tale**

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman** (S1)
6.30 **Look at Life**
6.45 **The Bigamist** Melodrama. (1953, b/w, PG, 80min) ★★★
8.20 **Man Accused** Crime drama. (1959, b/w, U, 58min) ★★★
9.30 **Made for Each Other** Romantic comedy drama. (1939, b/w, U, 90min) ★★★
11.20 **The Big Job** Comedy. (1965, b/w, U, 88min) ★★
1.05 PM **Edgar Wallace Mystery Theatre** 1/6. (S3)
2.15 **The Adventures of Robin Hood**
2.45 **Doctor in Trouble** Comedy. (1970, PG, 90min) ★★
4.30 **The Cheaters** 5/12. (S1)
5.00 **Coaching Holiday in 1958**
5.25 **The Late Edwina Black** Thriller. (1951, b/w, PG, 78min) ★★
7.00 **Z Cars** 9/42. (S2)
8.00 **Public Eye** 3/7. (S4)
9.05 **Supernatural** 8/8. (S1)
10.10 **Eyes Without a Face** French horror. (1960, b/w, 15) ★★★★
12.05 AM **Hammer House of Mystery and Suspense** 13/13. (S1)
1.35 **Boris Karloff: The Man Behind the Monster** Documentary.
3.40 **The Punching Preacher**
4.15 **Midnight at Madame Tussaud's** Chiller. (1936, b/w, PG) ★★★
5.30 **to 6.00** AM **Out of Town**

GOOD FRIDAY Sport

Friday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
10.00 LIVE **NRL** Penrith Panthers v Melbourne Storm. Kick-off 10.00am.
11.00 **Sky Sports FC**
12.00 NOON LIVE **Super League** Hull Kingston Rovers v Hull FC. From Sewell Group Craven Park Stadium. Kick-off 12.30pm.
2.45 PM LIVE **Super League** St Helens v Wigan Warriors. The top-flight match at BrewDog Stadium. Kick-off 3.00pm.
5.15 LIVE **IPL** Chennai Super Kings v Punjab Kings. The T20 match from MA Chidambaram Stadium, Chennai.
7.00 **The Gloves Are Off**
7.30 LIVE **EFL** Coventry City v Derby County. The Championship match from CBS Arena. Kick-off 8.00pm.
10.30 LIVE **PGA Tour Golf** Coverage of day two of the Valero Texas Open from TPC San Antonio.
12.00 M'T LIVE **Ladies European Tour Golf** Day two of the Aramco Championship USA from Shadow Creek Golf Course in Las Vegas.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Icons**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Gillette Labs Soccer Special** Update on today's games.
5.30 PM **Soccer Special Post-Match** All the reaction from tonight's football fixtures, featuring interviews with the managers and players after the full-time whistle.
7.00 **Premier League Stories**
7.30 **The Big Interview**
8.00 **Premier League 360 – Big Sam's Bolton** Sam Allardyce's iconic Bolton team of the early 2000s in the Premier League.
10.00 **A Farewell to Txiki** A look at the impact Txiki Begiristain had on Manchester City.
10.45 **Pep Guardiola: 1000 Club**
11.00 **Premier League Years** A look at the 1992/93 season.
1.00 AM **PL Retro** Action from Manchester United v Tottenham Hotspur in the 1998/99 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** Blackpool v Cardiff City.
7.30 **EFL Greatest Games**
8.30 **EFL** The 2017/18 season.
9.00 **EFL Rivalries**
10.30 **Best Goals: EFL Cup 25/26**
11.00 **EFL Cup Highlights**
12.00 NOON LIVE **EFL** **Middlesbrough v Millwall.** All the action from the Championship encounter at the Riverside Stadium. Kick-off 12.30pm.
2.45 PM LIVE **EFL** **Oxford United v Hull City.** Coverage of the Championship encounter from Kassam Stadium. Kick-off is at 3.00pm.
5.30 **EFL Cup Highlights**
6.30 **Best Goals: EFL Cup 25/26**
7.00 **Bundesliga Weekly**
7.30 LIVE **EFL** **Coventry City v Derby County.** Coverage of the Championship match from CBS Arena. The reverse fixture in August saw the hosts come away from Derby with a 5-3 victory. Kick-off 8.00pm.
10.30 **EFL Highlights**
2.00 AM **EFL** League Two play-off final.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent action.
11.15 **Best of ICC WT20**
12.00 NOON **IPL** Recent action.
2.50 PM LIVE **IPL** **Chennai Super Kings v Punjab Kings.** The T20 match from MA Chidambaram Stadium, Chennai. The hosts had a disappointing season last year as they won four of their 14 games and finished bottom of the table. The visitors finished top of the standings but lost to Royal Challengers Bengaluru in the final by just six runs.
7.00 **Best of ICC WT20** Action from England v India from 2007.
7.15 Highlights from England v Sri Lanka from 2014.
7.30 Action from memorable matches in past tournaments.
7.45 Memorable matches.
8.00 **IPL** Action from Kolkata Knight Riders v Sunrisers Hyderabad at Eden Gardens, Kolkata.
9.00 Chennai Super Kings v Punjab Kings from MA Chidambaram Stadium, Chennai.
10.00 **IPL** Recent action.
12.00 M'T **Best of ICC WT20**
12.30 AM **IPL** Recent action.
4.45 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Masters Official Film – Ballesteros 1980**
6.30 **The Masters Official Film – Ballesteros 1983**
7.30 **Women's Golf** Augusta National.
9.30 **PGA Tour Golf** Texas Open.
12.30 PM **Scotland's Greatest Holes**
1.00 **Trey's Tips** Golf advice.
1.15 LIVE **PGA Tour Golf** Coverage of the early stages of day two of the Valero Texas Open from TPC San Antonio.
9.00 LIVE **PGA Tour Golf** Further coverage of day two of the Valero Texas Open at TPC San Antonio.
12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day two of the Aramco Championship USA staged at Shadow Creek Golf Course in Las Vegas, Nevada.
3.00 AM **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **TNT Sports Reload**
6.15 **Ninja A-League Women**
6.45 LIVE **A-League Women** Adelaide United v Wellington Phoenix. Kick-off 6.50am.
8.45 **The Gruppetto** Cycling news.
9.00 **Premier League: Big Interview**
9.30 LIVE **Isuzu UTE A-League** Adelaide United v Auckland FC. Coverage from Coopers Stadium in Hindmarsh. Kick-off 9.35am.
11.30 **TNT Sports Reload**
12.00 NOON **Discovery Golf**
12.30 PM **Cycling** The Across Flanders.
2.30 **Premier League Legends**
3.00 **Inside Serie A**
3.30 **TNT Sports Reload**
4.00 LIVE **Men's Curling World Championship** Coverage from a quarter-final in Ogden, Utah.
7.00 **Inside Serie A** The latest news.
7.30 **Cycling** Highlights and features.
10.00 LIVE **Men's Curling World Championship** Coverage from a semi-final in Ogden, Utah.
1.00 AM **Ultimate Pool**
2.30 **Discovery Golf**
3.00 **TNT Sports Reload**
3.30 **Fishing: On the Bank**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 2

411 414 522 409 431

8.00 AM **MotoGP Highlights**
9.00 LIVE **AFL** Adelaide Crows v Fremantle Dockers. Coverage from Adelaide Oval. Bounce-up 9.15am.
12.00 NOON **UEFA Champions League**
1.00 PM **MLB Highlights**
2.00 **ABB FIA Formula E World Championship Highlights**
4.00 **World Superbike Highlights**
5.00 **MotoGP Highlights** Action from the Grand Prix of the Americas.
6.00 **MLB Highlights**
7.00 LIVE **MLB** Boston Red Sox v San Diego Padres. Coverage of the inter-conference game at Fenway Park. The visitors won the last series between these two sides last season when they came from a game down to win a three-match series 2-1. Start-time 7.10pm.
10.00 **UEFA Champions League Magazine** News and updates.
10.30 PM **to 6.00** AM LIVE **Women's One-Day International Cricket** New Zealand v South Africa. Coverage of the third and final ODI in the series staged at Cello Basin Reserve in Wellington.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League Highlights**
7.00 LIVE **Super Rugby** Crusaders v Fijian Drua. Coverage of the match staged at Apollo Projects Stadium in Christchurch. Kick-off 7.05am.
9.00 **Super League Highlights**
10.00 LIVE **NRL** Penrith Panthers v Melbourne Storm. Coverage of the match from the fifth round of fixtures staged at CommBank Stadium in Sydney. Kick-off 10.00am.
12.00 NOON LIVE **Super League** Hull Kingston Rovers v Hull FC. From Sewell Group Craven Park Stadium. Kick-off 12.30pm.
2.30 PM LIVE **Super League** St Helens v Wigan Warriors. The top-flight match at BrewDog Stadium. Kick-off 3.00pm.
5.15 **Super League Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball**
10.30 **NBA on Fire** The latest news.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
4.30 **NFL Bitesize Highlights**
5.00 **Super Bowl LX Bitesize**
5.15 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 LIVE **Super Rugby** Crusaders v Fijian Drua. Coverage of the match from Apollo Projects Stadium in Christchurch. Kick-off 7.05am.
9.00 **Sky Sports Breakfast**
10.00 LIVE **NRL** Penrith Panthers v Melbourne Storm. Coverage of the match from the fifth round of fixtures staged at CommBank Stadium in Sydney. Kick-off 10.00am.
12.00 NOON LIVE **Super League** Hull Kingston Rovers v Hull FC. Coverage of the top-flight match from Sewell Group Craven Park Stadium. Kick-off 12.30pm.
2.30 PM **EFL Greatest Games**
2.50 LIVE **EFL** Coverage of an English Football League fixture.
5.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
1.00 AM **Sky Sports News**
4.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **ATP Tennis** Coverage of day five of the Bucharest Open, a clay-court tournament at Centrul National de Tenis in Romania.
11.00 LIVE **ATP Tennis** Coverage from day five of the Bucharest and Marrakech Opens, both of which are clay-court tournaments held at Centrul National de Tenis in Romania and Royal Tennis Club de Marrakech, Morocco respectively.
4.00 PM LIVE **WTA & ATP Tennis** Coverage from the latest events on the tours, including the ATP Bucharest Open, ATP Marrakech Open, U.S. Men's Clay Court Championships, WTA Charleston Open and WTA Bogota Open.
1.00 AM LIVE **ATP Tennis** Day five of the U.S. Men's Clay Court Championships, a clay-court tournament staged at River Oaks Country Club in Houston, Texas.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
7.00 **Discovery Golf** The latest news.
7.30 **Women's International Cricket**
8.30 **Ella Toone's Away Days**
9.00 LIVE **A-League Women** Perth Glory v Melbourne Victory.
11.00 **Ultimate Pool** Pairs Cup.
12.30 PM **MotoGP Rewind**
12.45 **World Superbike Rewind**
1.00 **LIV Golf** Tournament reviews.
3.00 **Football** Highlights and features.
4.30 **Premier League: Big Interview**
5.00 **Sign Up – Into Football**
5.45 **Fishing: On the Bank**
6.45 **Isuzu UTE A-League**
7.45 **Women's International Cricket**
8.45 **Ultimate Pool** Pairs Cup.
10.15 **World Superbike Highlights**
11.15 **MotoGP Highlights**
12.15 AM **AFL** Recent action.
3.15 **Isuzu UTE A-League**
4.15 **to 6.15** AM LIVE **A-League Women** Central Coast Mariners v Sydney FC. Kick-off 4.15am.

TNT Sports 4

414 416 524 411 434

6.00 AM **The Emirates FA Cup**
2.00 PM **Women's One-Day International Cricket** Action from New Zealand v South Africa.
3.00 **UEFA Champions League** Villarreal v Manchester City.
3.30 PSV Eindhoven v Napoli.
4.00 Newcastle United v Benfica.
4.30 Action from Chelsea v Ajax.
5.00 **AFL** A replay of North Melbourne Kangaroos v Carlton Blues.
6.30 A chance to see Adelaide Crows v Fremantle Dockers.
8.00 **MotoGP Highlights** Action from the Grand Prix of the Americas.
9.00 **UFC** Israel Adesanya v Joe Pyfer.
12.00 M'T **UFC Reloaded**
3.30 AM **UFC Fight Flashback**
4.30 **Reframe the Game**
5.00 **to 7.00** AM LIVE **A-League Women** Canberra United v Brisbane Roar. Coverage of the top-flight match staged at McKellar Park in Canberra. Kick-off 5.00am.

Premier Sports 1

419 551

6.00 AM **LaLiga** Two match replays.
10.00 **Champions Cup Highlights**
11.00 **Sporting Greats**
11.30 **LaLiga Match Highlights**
12.30 PM **Rugby Union Highlights**
2.00 **NHL on the Fly**
3.00 **NASCAR Highlights**
4.00 **Eredivisie Highlights**
5.00 **Africa Eco Race**
5.15 **Champions Cup Highlights**
6.15 **The Rugby Pod**
7.45 LIVE **Challenge Cup** Connacht v Sharks. Coverage of the round-of-16 tie from Dexcom Stadium. Kick-off 8.00pm.
10.15 **Top 14 Rugby Union Highlights**
10.45 **World of FreeSports**
11.15 **Africa Eco Race**
11.30 **Eredivisie Highlights**
12.30 AM **KOTV Boxing Weekly**
1.00 **NHL Ice Hockey**
3.00 **to 6.00** AM LIVE **NHL Ice Hockey** Anaheim Ducks v St. Louis Blues. Face-off 3.00am.

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **United Rugby Championship**
10.00 **NHL Ice Hockey**
12.00 NOON **NHL Specials**
12.30 PM **United Rugby Championship**
2.30 **NHL: This is Hockey**
3.00 **Elite Ice Hockey League**
5.00 **Temples of Sport**
6.00 **Champions Cup Highlights**
7.00 LIVE **Champions Cup** Northampton Saints v Castres. Coverage of the round-of-16 fixture from cinch Stadium at Franklin's Gardens. Kick-off 8.00pm. *See feature, page 28.*
10.30 **Temples of Sport**
11.00 **NHL Specials**
12.00 M'T LIVE **NHL Ice Hockey** New York Islanders v Philadelphia Flyers. The Eastern Conference match from UBS Arena. Face-off 12.00m't.
3.00 AM **Football's Greatest**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Premier League Darts**
11.00 **PGA Tour Champions**
12.00 NOON **PL Greatest Games**
1.00 PM **Good Morning Football**
3.00 **Men's T20 World Cup**
4.00 **Premier League Darts**
8.00 **Tennis** Miami Open review.
9.30 **Formula 1** The Japanese Grand Prix at Suzuka Circuit.
10.30 **One Championship Weekly** The best performances of ONE Championship's biggest stars.
11.00 LIVE **Ladies European Tour Golf** Day two of the Aramco Championship USA at Shadow Creek Golf Course in Las Vegas.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1**
10.00 **Indycar** Action from Alabama.
11.00 **The F1 Show**
12.00 NOON **Formula 1**
1.15 PM **Oscar Piastri IV**
1.30 **Formula 1** Australian Grand Prix.
3.30 **Ted's Notebook**
4.00 **Formula 1** Another chance to see the Australian Grand Prix at Albert Park Circuit in Melbourne.
8.30 **Ted's Notebook**
9.00 **Formula 1** Highlights from the Australian Grand Prix.
10.00 **Formula 1** Australian Grand Prix.
12.05 AM **Ted's Notebook**
12.35 **F1 Features**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

The Bad Guys 2

Good Friday, 6am & 3.15pm, Sky Premiere

Good is the new Bad. After a successful stint as heroes, the animal outlaw gang returns for a high-stakes sequel that is bigger, bolder, and even more ridiculous.

With new voices like Danielle Brooks and Natasha Lyonne joining the original A-list cast of Sam Rockwell, Anthony Ramos and Awkwafina, *The Bad Guys 2* delivers a perfect blend of slapstick humour and heartfelt lessons.

It's the ultimate Good Friday afternoon treat for the whole family—just don't let Mr Shark near the Easter snacks!

itv2 The Super Mario Bros Movie

Saturday, 4.40pm, ITV2

One of this week's big screen releases is the highly anticipated sequel *The Super Mario Galaxy Movie*, and so it's the perfect time to catch up on where it all began.

Tune into ITV2 on Saturday and join Mario (voiced by Chris Pratt) and Luigi (Charlie Day) on their first journey to the Mushroom Kingdom, before heading to the cinema to watch them blast off into space.

More great shows to watch this week...

Winnie the Pooh: Springtime with Roo

Available now, Disney+

Tune into this Disney classic, as Rabbit insists on a Spring Cleaning Day – and so Tigger decides to take on the role of the Easter Bunny.

Bluey's Big Play NEW

Available now, Disney+

If you've not been able to make it to see Bluey and his family in person as the stage show tours the UK and Ireland, a special televised version is available to stream from the comfort of your home, no tickets needed!

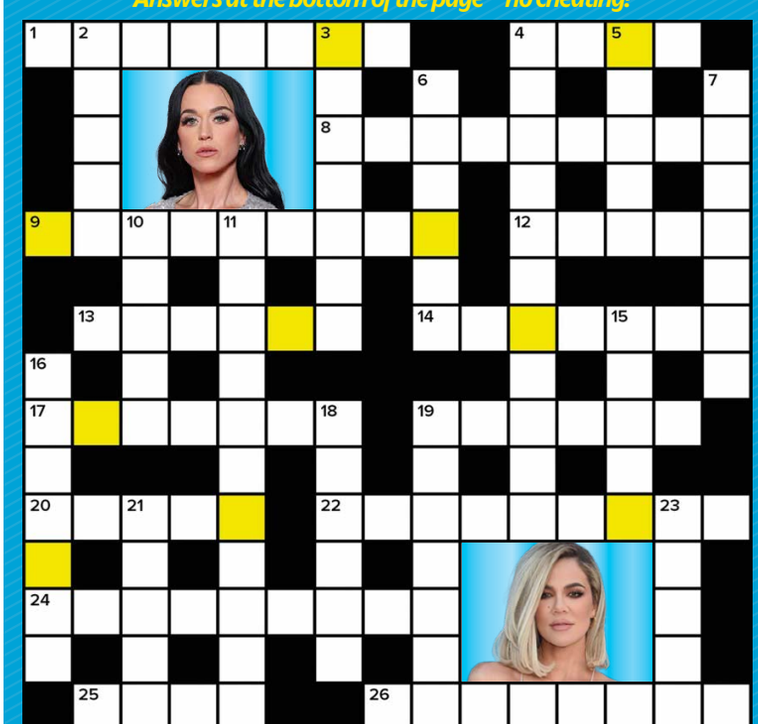
Paw Patrol

Weekdays, Milkshake! on 5

New adventures with the rescue pups continue with Chase on the case during a big bike race on Adventure Island. Plus, the team come to the aid of a chicken family who are causing chaos.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out an English actor (5,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Knighted Welsh singer (3,5)
4 See picture clue: American singer of 2013 hit *Roar*, ---- Perry (4)
8 Former coach on singing talent show *The Voice UK* (4-5)
9 Fourth-grade teacher and one-time spouse of Ned Flanders in US animated comedy *The Simpsons*, Edna ---------- (9)
12 Actor in the 1993 comedy *Groundhog Day*, ------ MacDowell (5)
13 Spinach-loving cartoon character who is a sailor, ------- (6)
14 Starred in 2006 movie *Little Miss Sunshine*, -------- Breslin (7)
17 *Superstore* and *Ugly Betty* actor, -------- Ferrera (7)
19 Patsy Kensit's band from the 1980s, ------- *Wonder* (6)
20 *Loose Women* panellist, ------ Sawalha (5)
22 TV crime series starring James Bolam and Dennis Waterman (3,6)
24 Long-running children's show (4,5)
25 One-named US singer of the hit 2019 single *Moral of the Story* (4)
26 Elizabeth ---------, starred as Diane Sugden in ITV1 soap *Emmerdale* (8)

DOWN

2 Classic science fiction anthology show, *The* ------ *Limits* (5)
3 English songwriter and rapper who was born Elliot Gleave (7)
4 Played Domino Petachi in 1983 movie *Never Say Never Again* (3,8)
5 ------ *of Waiting for You*, hit from 1965 for The Kinks (5)
6 -------- Television, former ITV company that had its HQ in Norwich (6)
7 US TV series that starred Shannen Doherty, -------- *Hills, 90210* (7)
10 2020 thriller film starring Emilia Clarke, ------ *Suspicion* (5)
11 Jason Biggs film from 1999 (8,3)
15 *Aliens in the* ------, comedy sci-fi film released in 2009 (5)
16 Neil Dudgeon's character in ITV1's police series *Midsomer Murders*, John -------- (7)
18 Will -------, actor in 2007's *Blades of Glory* and 2018's *Show Dogs* (6)
19 Blake --------, directed most of the Pink Panther films (7)
21 Jake Gyllenhaal and Anne Hathaway romantic film from 2010, *Love & Other* ------ (5)
23 See picture clue: Reality star, ------ Kardashian (5)

CROSSWORD SOLUTION

ANSWER: Emily Atack **ACROSS:** 1 Tom Jones 4 Katy 8 Anne-Marie 9 Krabappel 12 Andie 13 Popeye 14 Abigail 17 America 19 Eighth 20 Nadia 22 New Tricks 24 Blue Peter 25 Ashe 26 Estensen
DOWN: 2 Outer 3 Example 4 Kim Basinger 5 Tired 6 Anglia 7 Beverly 10 Above 11 American Pie 15 Attic 16 Barnaby 18 Arnett 19 Edwards 21 Drugs 23 Khloé

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, SHUTTERSTOCK, MILKSHAKE!/PARAMOUNT, THE BAD GUYS 2: © DREAMWORKS ANIMATION LLC. ALL RIGHTS RESERVED. THE SUPER MARIO BROS MOVIE: © 2023 NINTENDO AND UNIVERSAL STUDIOS. ALL RIGHTS RESERVED.

We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.
Recycle

Coming soon

FIRST LOOK

Believe Me

Aimée-Ffion Edwards stars in a factual drama about a fight for justice

Here's an early look at ITV1's powerful factual drama *Believe Me*, exploring a determined battle to ensure that rapist John Worboys paid for his crimes.

The four-part series, penned by Jeff Pope and airing later this year, examines how Sarah (Aimée-Ffion Edwards) and Laila (Aasiya Shah) – whose names have been changed to protect their anonymity – reported being sexually assaulted by taxi driver Worboys (Daniel Mays), but felt they were not taken seriously.

But we see how they subsequently teamed up with solicitor Harriet Wistrich (Philippa Dunne) and barrister Phillippa Kaufmann QC (Rachael Stirling), and successfully sued the Metropolitan Police.

Daniel Mays as Worboys

CAMPAIGN FOR CHANGE

Worboys was convicted in 2009 of offences against 12 women, while the police suspected he had carried out attacks on many more. And the drama shows how Conservative Party press officer Carrie Symonds (Miriam Petche) – now the wife of Boris Johnson – who was herself targeted by Worboys, also worked with Sarah and Laila on a campaign that led to the overturning of the decision to grant him parole.

'The series goes on an emotional journey, showing what happened to the two women when they reported being raped and assaulted, the pain and indignity of the process and how this dehumanised them,' says Pope. 'But most shocking of all is how they felt that not being believed by the police was as traumatising for them as the actual assaults.'

Aasiya Shah as Laila

WHAT'S NEXT FOR...

Ellie Taylor

The comedian will host C4's **Next on the Menu**, in which keen foodies go behind the scenes at high-street culinary brands to develop new dishes, which are assessed to see if they have potential to be sold to customers.

Derren Brown

In C4's six-part series **Derren Brown: Incognito**, the illusionist will oversee a social experiment that looks at prejudices, as 10 strangers aim to keep their identities a secret while trying to work out those of the others.

Coming Back

The second run of Sky Atlantic's *Game of Thrones* spin-off **A Knight of the Seven Kingdoms**, following the adventures of Dunk (Peter Claffey) and Egg (Dexter Sol Ansell), will see Lucy Boynton, Peter Mullan and Babou Ceesay join the cast.

BBC1 sitcom **Can You Keep a Secret?** will return for a second series, as formidable Debbie Fendon (Dawn French) and her 'late' husband William (Mark Heap) deal with more revelations.

Next week *On sale Tuesday 31 March*

Outcome

Keanu Reeves and Cameron Diaz headline Apple TV's comedy about the blackmail of an actor.

The Miniature Wife

Sky Atlantic's comedy drama centres on a woman (Elizabeth Banks) who is accidentally shrunk.

The Boys

In the final run of Prime Video's superhero saga, can the Supes be brought down?

Malcolm in the Middle: Life's Still Unfair

Frankie Muniz stars in a revival of the sitcom on Disney+.

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Satellite Week is available for licensing and syndication. Contact us at **licensing@futurenet.com** or view our available content at **futurecontenthub.com**

Head of Print Licensing
Rachel Shaw **licensing@futurenet.com**

FUTURE
Connectors. Creators. Experience Makers.

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR)
www.futureplc.com

Chief Executive Officer **Kevin Li Ying**
Non-Executive Chairman **Mark Brooker**
Chief Financial Officer **Sharjeel Suleman**
Tel +44 (0)1225 442 244

Standard Subscription rates (1 year): UK $185.93, Europe 572.69 Euros, USA $648.13, Rest of World $648.13. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issues of Future Plc magazines, these are available online at magazinesdirect.com

WORDS: CAREN CLARK. PHOTOS: APPLE TV, BBC, HBO, PEACOCK, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, ITV, PRIME VIDEO, SKY

ipso. Regulated

Editorial Complaints *TV&Satellite Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&satweek@futurenet.com or write to The Editor, *TV&Satellite Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

GPSR EU RP (for authorities only)
eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia
hello@eucompliancepartner.com +3375690241

General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

DEEP CLEAN WITH CORDLESS FREEDOM

RYOBI

LIMITED TIME OFFER
(offer ends 03.04.2026)

SAVE OVER £240†

ONLY £199.99
INCLUDING FREE DELIVERY - GB MAINLAND ONLY
††further restrictions apply

FREE Hand Vac (worth £53.99)
FREE Accessory Set (Worth £45)

AS SEEN ON TV

CORDLESS BATTERY CONVENIENCE

UP TO 45 MINUTES RUN TIME

POWERFUL ADVANCED FRICTIONLESS MOTOR

Optimised energy-dense motor spins faster, providing more SUCTION POWER!

POWERFUL
Independent 26.5cm motorised brush bar helps to agitate dirt

SWIVEL LED HEAD

4.6/5 ★★★★★

"A lot easier than our corded upright and a joy to use"
Stephen Hallgarth, Verified Purchaser

Cordless, Slimline & Lightweight (only 3.8kgs/8.3lbs)

Choose between max. mode for powerful vacuuming or eco mode for more run time

Easy clean canister and brush bar

SELF STANDING

18V CORDLESS STICK VACUUM KIT

There's no need for a clunky, heavy and hard-to-manoeuvre corded vacuum cleaner anymore, this self-standing 18V ONE+™ Cordless Stick Vacuum gives complete cordless freedom and the same deep hygienic clean using advanced frictionless motor technology.

It will lift dirt from hard floors and carpets with its 90 air watts of suction and 900l/min of air flow for powerful one pass cleaning that captures up to 99.5% of particles including pollen, fungal spores, bacteria, and viruses. Not only does the frictionless motor give more power, but also more battery runtime for a whole house clean. This feature packed self-standing, lightweight, and cordless vacuum cleaner will make what was once a chore, a quick and effortless experience.

FREE!
Hand Vacuum & Accessory Kit

Your kit includes:

- 18V ONE+ Cordless Stick Vac (RSVS18BL-1X40GA2)
- 18V ONE+ 4Ah Battery
- 18V ONE+ 2A Charger
- FREE 18V ONE+ Hand Vac
- FREE Accessories: Crevice, Micro-crevice, Mini-brush head, Round brush head

18V ONE+
CORDLESS BATTERY SYSTEM
One battery fits all Ryobi's cordless tools

200+ TOOLS for the home and garden powered by one battery

30 YEARS of ONE+ battery system innovation

SAVE MONEY expand your collection with tools without batteries

Trustpilot 4.6/5 ★★★★★ 'Rated Excellent' 65,000+ service reviews

3 YEAR GUARANTEE*

FREE DELIVERY GB ONLY

ORDER NOW

PROMOTION CODE PR4849

0333 006 9466
Phone lines open: 8am – 8pm (Mon-Sun)
www.ryobitools.co.uk/press

Scan to shop now

Subject to availability. *Registration required for guarantee extension from 2 – 3 years. Register within 30 days of receipt of goods at RyobiTools.co.uk. †Saving against RRPs of kit components. ††Free 3-5 day delivery to GB Mainland only – restricted delivery postcodes: IM, JE, GY, TR2. Your right to cancel will last for 14 days after receipt of goods. If you change your mind during this period, provided the goods remain unused & in original packaging, you can notify us of cancellation. Product sold by Techtronic Industries (UK) Limited, company registration: GB 551396335. All rights reserved. For full terms & conditions of sale please visit RyobiTools.co.uk. RYOBI is a Trade Mark of Ryobi Limited, and is used under license. Trustpilot score correct as of February 2026.

NOW HALF PRICE!

FREE DELIVERY

"Revolutionary slip-on trainers changed my life – now I enjoy walking again!"

9031

TURQUOISE

NAVY

TAUPE

Airflow Lightweight Ladies' Trainers offer cushioned support and a spring in your step

Out for your daily walk or doing some home exercise, keep feet cool, cushioned and supported in our airflow trainers. Simply slip on, with heel loops to make it easy – the laces are a clever visual effect only, so no fiddly tying either! Super-soft, shock-absorbing insoles, lightweight flexible outer sole and microfibre heel panels work in unison to cosset ankles, knees and hips. Knitted uppers with thousands of breathable perforations mimic airflow technology, keeping feet comfortably cushioned and cool. Choose from purple (PU), navy (NA), turquoise (TQ) or taupe (TA). Ladies' UK sizes, 4-8. Please state size and colour required on the order form.

WAS ~~£29.99~~
NOW £14.99
HALF PRICE!
+FREE DELIVERY

"Very Comfortable Shoes" ★★★★★
Bought a navy pair for my holiday. They were so comfortable that I bought the purple ones when I came back. I suffer with sore feet and these have been brilliant. By A.

"Lovely Shoes" ★★★★★
Just what I was looking for. A lightweight and very comfortable shoe for casual wear. It looks very smart too. By E.

ORDER COUPON - CODE 26CP3

Please send me:	Item	Size (4-8)	WAS	NOW	Qty	Total
H338	Airflow Trainers (Purple) HALF PRICE		~~£29.99~~	£14.99		
H338	Airflow Trainers (Turquoise) HALF PRICE		~~£29.99~~	£14.99		
H338	Airflow Trainers (Navy) HALF PRICE		~~£29.99~~	£14.99		
H338	Airflow Trainers (Taupe) HALF PRICE		~~£29.99~~	£14.99		

Free Delivery **FREE**

Grand TOTAL: £

My card number is:

Security Code Last 3 digits on back of card. Start Date / Expiry Date / Issue No. (Maestro Cards)

Please charge my MasterCard/Visa/Maestro or enclose a Cheque/P.O made payable to Coopers of Stortford for £ _____(please write your name and address on the back of the cheque)

Name Mr/Mrs/Miss/Ms .....

Address .....

.....

..... Post Code.....

Email (For special offers & order update)

.....

Telephone.....

COOPERS OF STORTFORD

We would like to keep you up to date with our new products and latest offers so you don't miss out. Please contact us if you would prefer not to receive these. We would like you to be able to take advantage of some of the products and offers our trusted partners send by post. If you would prefer not to receive these please tick this box ☐. See our T&C's on our website.

9000

Trustpilot ★★★★★ Rated EXCELLENT with over 136,000 reviews

QUALITY GUARANTEE

100% MONEY BACK GUARANTEE

If you are not totally satisfied you may return an item within 28 days of receipt for a prompt replacement, exchange or refund.

CREDIT CARD ORDERLINE

CALL NOW: 0844 482 4401

QUOTE CODE 26CP3 (Mon-Sat 9am - 5.30pm, Sun 9am - 4pm)
Calls cost 7p per minute plus your usual network charge

Order online at:
coopersofstortford.co.uk/26CP3

Post coupon to: **Coopers of Stortford, 11 Bridge Street, Bishops Stortford, Herts, CM23 2JU**

The Enterprise Department Ltd Reg No 2917801 trading as Coopers of Stortford. For full privacy policy visit: www.coopersofstortford.co.uk